

Osher Lifelong Learning Institute

OLLI *at* SOU



Winter 2016 Course Catalog

January 4–March 11, 2016

Come for the Classes . . . Stay for the Connections

www.sou.edu/olli • 541.552.6048 • olli@sou.edu

Osher Lifelong Learning Institute at Southern Oregon University

OLLI at SOU Mission Statement

OLLI at SOU is a member-driven educational community established for individuals 50 or older to foster intellectual curiosity and continuous learning. OLLI at SOU relies upon its participants to contribute their talents, skills and time. OLLI at SOU offers older adults the opportunity for continued learning programs, social and cultural enrichment.

History of OLLI at SOU

In 1993, SOU officials planted the seeds for Southern Oregon Learning in Retirement (SOLIR) when they met with members of the community to determine their interest in establishing a learning program for retirees. Within ten years, more than 500 Rogue Valley adults were active in SOLIR. In 2007 SOLIR became part of the Osher Lifelong Learning Institutes founded by Bernard Osher, a businessman and philanthropist.

OLLI Nationwide

The Bernard Osher Foundation supports lifelong learning for older adults on 119 campuses nationwide, with at least one program in each of the 50 states and the District of Columbia. Each OLLI program is self-governed and has its own culture and learning approaches. For information about OLLI programs on other campuses in the United States, visit the National Resource Center for the Osher Lifelong Learning Institutes at nrc.northwestern.edu.



World-class retirement right in your own backyard

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Rogue Valley Manor is a Pacific Retirement Services Community



Osher Lifelong Learning Institute

OLLI *at* SOU

Contacting OLLI at SOU

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Office Hours
Monday–Friday
9:00 am to 4:00 pm



We are pleased to credit OLLI member Ken Deveney for the cover photo, titled “Above Lithia Park.”

Winter 2016 Course Catalog

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Osher Lifelong Learning Institute at Southern Oregon University

WHAT IS OLLI?

Osher Lifelong Learning Institute at Southern Oregon University (OLLI at SOU) is the Rogue Valley's premier choice for staying intellectually stimulated and socially connected. The program is geared toward those age 50 and over. Our 1450-member organization offers peer-taught courses in a wide variety of subject matter areas.

WHERE ARE THE CLASS LOCATIONS?

Most OLLI classes meet on the SOU campus in Ashland at the Campbell Center, located at 655 Frances Lane. Classes also meet in Medford at the RCC/SOU Higher Education Center, 101 S. Bartlett Street, as well as a variety of other locations throughout the Rogue Valley.

WHAT IS THE COST?

A \$125 annual fee entitles members to enroll in an unlimited number of classes (space permitting) from approximately 100 courses per term or nearly 300 courses per year. Membership runs from July 1 to June 30 and must be renewed each year to remain active.

THREE EASY WAYS TO JOIN, RENEW OR REGISTER

Enroll online at www.sou.edu/olli; by phone at 541.552.6048; or in person at the main OLLI office in Ashland. See the back of the catalog for membership and course request forms, which supply additional details.

OLLI membership fees are kept low through member donations and the generosity of the Bernard Osher Foundation. Support of lifelong learning for older adults is a key area of focus for the Osher Foundation.

OLLI Leadership 2015–2016

Council Directors

Susan Stitham, President

Lorraine Vail, Vice President

Bob Pohl, Treasurer

Dave Runkel, Secretary

Jan Albrecht, Director

Allan Anderson, Director

Elaine Hamlin, Director

Barbara North, Director

Sandy Theis, Director

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Community Outreach
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Curriculum
Maria Geigel, Chair

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Bob Pohl, Chair

Funds Policy & Management
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Lucy Strasberg, Chair

Personnel
Jeanne Stallman, Chair

OLLI Management

Jeanne Stallman, Director,
Continuing Education

Robert Casserly,
Program Manager

Come for the Classes... Stay for the Connections

As an old English teacher, I love a good slogan or an apt quotation, and I think our current motto neatly captures the essence of OLLI at SOU. The slogan first highlights our classes, over a hundred, all taught by dedicated volunteers. My 96-year-old mother went to her grave reminding her children, “Count that day not lost in which you learn a new thing,” and OLLI classes are a constant source of “new things” for our 1450 members. But, as I like to say, “The only thing more fun than taking an OLLI course, is teaching one.” There are dozens of fascinating topics just waiting for an instructor or course facilitator. That could be *you*. Take the plunge!



Susan Stitham, 2015–2016
OLLI Council President

The second part of the motto underscores the connections that OLLI members make with one another: in classes, at social events and most particularly in volunteering for one of the many tasks that keep our OLLI running. Whether it's curriculum or communications, fundraising or landscaping, new member orientation or volunteering in the office, hosting a class or planning a social event with cookies, there is a place for you. And, as always, working on any OLLI project brings rewards greater than the tasks accomplished. To learn more about any aspect of volunteering for OLLI, including teaching, please contact our new Volunteer Coordinator, Pauline Black, at the OLLI office.

We are particularly excited to introduce this attractive new catalog format that showcases the breadth and depth of our quarterly learning opportunities. This will serve as a convenient reference all quarter or as a pass along to a friend who is curious about OLLI.

Have a wonderful Winter 2016 term of classes full of new things. And remember, “Come for the classes... stay for the connections.” And the cookies.

OLLI COURSES: WINTER 2016

Courses are listed by day of the week, then chronologically, Course descriptions begin on Page 6.

MONDAY

			Page
History of the Cold War Era - 1945-1991	Jan 4, 11, 25, Feb 1, 8, 15, 22, 29, Mar 7	11am-12:30pm	16
The Physics of History	Jan 4, 11, 25, Feb 1, 8, 15, 22, 29	11am-12:30pm	29
Wastewater Treatment and the Water Cycle	Jan 4, 11	11am-12:30pm	28
The World's Great Geological Wonders	Jan 4, 11, 25, Feb 1, 8, 15, 22, 29, Mar 7	1-3pm	28
Make 'em Laugh	Jan 4, 11, 25, Feb 1, 8, 15, 22, 29, Mar 7	1-4pm	38
More Great Reads	Jan 4, 25, Feb 15, Mar 7	3:30-5pm	10
Knitting Stitches	Jan 11, 25, Feb 1, 8, 15, 22, 29, Mar 7	1-3pm	27
Exercise and the Aging Body	Jan 25, Feb 1, 8	11am-12:30pm	12
Poetry by the Numbers: Writing to Classic Forms	Jan 25, Feb 1, 8	11am-12:30pm	11
The Grieving Process: A Journey of Love	Jan 25, Feb 1, 8	3:30-5pm	24
Physics for Nonscientists: Optics	Feb 1, 8, 15, 22, 29, Mar 7	11am-12:30pm	32

TUESDAY

Crosswords Practicum-Intermediate	Jan 5, 12, 19, 26, Feb 2, 9	9-10:30am	26
Hot News/Cool Views	Jan 5, 12, 19, 26, Feb 2, 9, 16, 23, Mar 1, 8	9-10:30am	14
Interesting Characters of the Civil War	Jan 5, 12, 19, 26, Feb 2, 9	9-10:30am	16
Nonfiction Writing Workshop	Jan 5, 12, 19, 26, Feb 2, 9, 16, 23	9-10:30am	9
Soul Shift To Success	Jan 5, 12, 19, 26, Feb 2, 9	9-10:30am	23
Exploring the Presidency in an Election Year	Jan 5, 12, 19, 26	11am-12:30pm	32
Looking at Pictures - Women Photographers	Jan 5, 12, 19, 26	11am-12:30pm	36
Tai Chi	Jan 5, 12, 19, 26, Feb 2, 9, 16, 23, Mar 1, 8	11am-12:30pm	20
Trials & Tribulations of a 1st Amendment Lawyer	Jan 5, 12, 19, 26, Feb 2, 9, 16, 23, Mar 1, 8	11am-12:30pm	14
An African Novel: "Ghana Must Go" by Taiye Selasi	Jan 5, 12, 19, 26, Feb 2, 9	1-3pm	6
Standing Up Straight Is Harder Than You Think	Jan 5, 12, 19, 26, Feb 2	1-3pm	12
The Memoir Experience: Where Writing Meets Life	Jan 5, 12, 19, 26, Feb 2, 9, 16, 23, Mar 1, 8	1-3pm	8
Oscar's Leading Men III	Jan 5, 12, 19, 26, Feb 2, 9, 16, 23	1-4pm	35
Huck Finn for Adults	Jan 5, 12, 19, 26, Feb 2	3:30-5pm	11
Writing as Legacy	Jan 5, 12, 19, 26, Feb 2, 9, 16, 23	3:30-5pm	22
Creative Writing/Self-Publishing	Jan 5, 12, 19, 26, Feb 2, 9, 16, 23, Mar 1, 8	3:30-5pm	7
Film as a Visual Art: How Movies are Created	Jan 5, 12, 19, 26, Feb 2, 9, 16, 23	3:30-6:30pm	36
Develop your Creative Self - Open Studio	Jan 5, 12, 19, 26, Feb 2, 9, 16, 23, Mar 1, 8	4-5:40pm	39
Italian Film, Past and Present	Jan 19, 26, Feb 2, 9, 16, 23, Mar 1, 8	1-4pm	37
Election Revolution: What Would it Look Like?	Jan 26, Feb 2, 9, 16, 23	3:30-5pm	15
Ink and Watercolor Sketching Studio	Feb 2, 9, 16, 23, Mar 1, 8	11am-12:30pm	39
Optimize Your Resilience	Feb 2, 9	11am-12:30pm	21
The Learned Lunatics of Birmingham	Feb 9, 16, 23, Mar 1, 8	11am-12:30pm	18

WEDNESDAY

Turning Grief into Growth	Jan 6, 13, 20	9-10:30am	25
Greece and the Eurozone - Discussion Group	Jan 6, 13, 20, 27, Feb 3, 10, 17, 24, Mar 2, 9	9-10:30am	19
Myth of Aging - Hanna Somatic Education	Jan 6, 13, 20, 27, Feb 3, 10, 17, 24, Mar 2, 9	9-10:30am	19
Create the Life You Want After 70	Jan 6, 13, 20, 27	11am-12:30pm	24
Antarctica: Unknown, Unseen, and Unforgiving	Jan 6, 13, 20, 27, Feb 3, 10, 17, 24	11am-12:30pm	40
Enjoy German!	Jan 6, 13, 20, 27, Feb 3, 10, 17, 24, Mar 2, 9	11am-12:30pm	40
Interesting Characters of the Civil War	Jan 6, 13, 20, 27, Feb 3, 10	11am-12:30pm	16
The Physics of History	Jan 6, 13, 20, 27, Feb 3, 10, 17, 24	11am-12:30pm	29
Alexander the Great and the Macedonian Empire	Jan 6, 13, 20, 27, Feb 3, 10, 17, 24, Mar 2, 9	1-3pm	16
Years of Living Dangerously: Series and Discussion	Jan 6, 13, 20, 27, Feb 3, 10, 17, 24, Mar 2	1-3pm	30
Creative Jewelry Making with Wendy Gell	Jan 6, 13	1-3pm	27
Anthro is Fun! (6)	Jan 6, 13, 20	1-3pm	35
Introduction to Fly Fishing	Jan 6, 13, 20, 27, Feb 3, 10	1-3pm	26

A Structured Approach to Trading Stocks	Jan 6, 13, 20, 27, Feb 3	3:30-5pm	33
How Your Body Really Works: Psychoneuroimmunology	Jan 6, 13, 20	3:30-5pm	31
Immense Possibilities and Igniting Realistic Hope	Jan 6, 13, 20, 27	3:30-5pm	34
Moonrise: Global Women Leading From the Heart	Jan 6, 13, 20, 27, Feb 3, 10, 17, 24	3:30-5:30pm	21
Emergency Preparedness	Jan 13, 20	9-10:30am	13
Concerts in the Rogue Valley	Jan 13, 20, 27, Feb 3, 10, 17, 24, Mar 2, 9	11am-12:30pm	35
Basically a Mystery #2	Jan 13, 20, 27, Feb 3, 10, 17, 24, Mar 2	1-3pm	6
Financial Strategies for Retirees	Jan 13, 20, 27	3:30-5pm	32
Savage Indignation: Swift's Prose Satire	Jan 20, 27, Feb 3, 10, 17, 24	9-10:30am	9
Shakespeare 101: Experiencing "Twelfth Night"	Jan 27, Feb 3, 10, 17, 24	1-3pm	10
Epigenetics	Feb 3, 10, 24, Mar 2, 9	1-3pm	31
Great Decisions	Feb 3, 10, 17, 24, Mar 2	1-3pm	17
Cut-up Poetry To Go	Feb 3, 10, 17, 24	3:30-5pm	9
Spanish: Beginning Plus	Feb 17, 24, Mar 2, 9	9-10:30am	41
The Worldly Philosophers	Feb 17, 24, Mar 2, 9	11am-12:30pm	34

THURSDAY

CBI - The Battle for Burma in World War II	Jan 7, 14, 21, 28, Feb 4, 11, 18	9-10:30am	17
Conscious Aging: Connection, Wisdom and Celebration	Jan 7, 14, 21, 28, Feb 4, 11, 18	9-10:30am	25
Art of Knowing Yourself/Peace Education Program	Jan 7, 14, 21, 28, Feb 4, 11, 18, 25, Mar 3, 10	11am-12:30pm	22
English Country Dance	Jan 7, 14, 21, 28, Feb 4, 11, 18, 25	11am-12:30pm	20
Everyone Can Be a Pundit	Jan 7, 14, 21, 28, Feb 4, 11, 18, 25, Mar 3, 10	11am-12:30pm	13
Life is An Improv: Drama Improvisation	Jan 7, 14, 21, 28, Feb 4, 11, 18, 25, Mar 3, 10	11am-12:30pm	37
Donald Barthelme's Short Stories	Jan 7, 14, 21, 28, Feb 4, 11	11am-12:30pm	10
The Best American Short Stories 2015	Jan 7, 14, 21, 28, Feb 4, 11, 18	1-3pm	8
Climate Change and the Rogue Valley	Jan 7, 14, 21, 28, Feb 4, 11, 18, 25, Mar 3, 10	1-3pm	32
Edith Wharton's New England	Jan 7, 14, 21, 28, Feb 4, 11	1-3pm	6
Financial Strategies for Retirees	Jan 7, 14, 21	1-3pm	32
Looking at Total War	Jan 7, 14, 21, 28, Feb 4, 11, 18, 25	1-4pm	17
Philosophical Idealism - West and East	Jan 7, 14, 21, 28, Feb 4, 11, 18, 25, Mar 3, 10	1-3pm	33
Spiritual Cinema Afternoons: Series 6	Jan 7, 14, 21, 28, Feb 4, 11, 18, 25, Mar 3	3:30-6pm	23
In the Beginning...A History of the Bible	Jan 7, 14, 21, 28, Feb 4, 11, 18, 25, Mar 3, 10	3:30-5:30pm	18
Investing Using Asset Allocation	Jan 7, 14, 21, 28	3:30-5pm	33
Creative Calendar Recycling	Jan 14, 21, 28	11am-12:30pm	26
Populism	Jan 14, 21, 28, Feb 4, 11, 18	1-3pm	34
Training Opera Singers and the State of Opera	Jan 14, 21	3:30-5pm	38
Indian Language - Hindi	Feb 4, 11, 18, 25	9-10:30am	41
Stress Management and Meditation	Feb 4, 11, 18, 25	3:30-5pm	22

FRIDAY

Be Safer on the Internet	Jan 8, 15, 22, 29, Feb 5, 12	9-10:30am	29
Honey Bees, Bumblebees, Humans, and Pesticides	Jan 8, 15, 22, 29, Feb 5, 12, 19, 26, Mar 4	9-10:30am	30
Organic Gardening	Jan 8, 15, 22, 29, Feb 5, 12	9-10:30am	27
Everyone Can Be a Pundit	Jan 8, 15, 22, 29, Feb 5, 12, 19, 26, Mar 4, 11	11am-12:30pm	13
How to Write When You Want to But Can't Get Started	Jan 8, 15, 22, 29, Feb 5, 12, 19, 26, Mar 4, 11	11am-12:30pm	7
Selected Bioethical Problems	Jan 8, 15, 22, 29, Feb 5, 12	11am-12:30pm	14
Tai Chi	Jan 8, 15, 22, 29, Feb 5, 12, 19, 26, Mar 4, 11	11am-12:30pm	20
Honey Bees, Bumblebees, Humans, and Pesticides	Jan 8, 15, 22, 29, Feb 5, 12, 19, 26, Mar 4	1-2:30pm	30
Recorder Player's Group	Jan 8, 15, 29, Feb 5, 12, 19, Mar 4, 11	1-3pm	39
Ten Movies of Fred Astaire without Ginger Rogers	Jan 8, 15, 22, 29, Feb 5, 12, 19, 26, Mar 4, 11	1-3pm	37
Exotic Travels	Jan 15, 22, 29, Feb 5	1-3pm	40
Ghosts of the Pilgrims	Jan 22, 29, Feb 5, 12, 19	11am-12:30pm	18
Music and Imagery: Pathways to the Self	Jan 22, 29, Feb 5, 12, 19	1-3pm	21
Winston's Wars	Jan 22, 29, Feb 5, 12, 19, 26, Mar 4, 11,	1-4pm	15
Birds of the Rogue Valley	Feb 5, 12, 19	9-10:30am	31
Your Quantum Mind: Aging & Death	Feb 5, 12, 19	11am-12:30pm	24
Spanish: Beginning Plus	Feb 19, 26, Mar 4, 11	9-10:30am	41

Course Descriptions

One or more of these courses may present one aspect of a matter of public debate. Views expressed by the instructor/facilitator are not necessarily those of OLLI or Southern Oregon University.

English

Includes literature, writing, speech, journalism, poetry, and reading and studying plays.

ENG100

Basically a Mystery #2

This is a previously taught course with new content. Basically a Mystery #2 is the second in a new series, a combination of seminar and additional background material to enhance the enjoyment of the mystery genre. This term will explore contemporary U.S. authors of mystery fiction with plenty of time for discussion of examples the students are reading from week to week. Bibliographies will be provided to suggest titles that represent the suggested authors, who will span a broad range of settings and writing styles. Any reader who enjoys mysteries or just wants to learn more about the genre is welcome. Areas of discussion: 1) reader's choice of U.S. current authors, 2) Charlaine Harris or Craig Johnston, 3) Sheila Connolly or Michael McGarrity, 4) Julie Hyzy or Lee Child, 5) Dana Stabenow or Steve Hockensmith, 6) Donna Andrews or Walter Moseley, 7) Tess Gerritsen or Bill Pronzini, 8) Margaret Maron or James Lee Burke. Other selections are encouraged. Specific authors may vary depending on availability. CLASS SIZE 15

W16ENG100M 8 Sessions
Higher Education Center -
Room 118
W 1:00-3:00PM
1/13/2016-3/2/2016

INSTRUCTOR: *Lenora Clark grew up in a family of readers and storytellers. Her travel and work experience have enriched her appreciation of a good yarn. She thinks that today's electronic access is eroding our culture's enjoyment of well-crafted genre fiction. Her mystery seminars are planned to encourage appreciation for the authors and their works. As a teacher and public librarian, it is important to her to foster the process of reading and sharing good genre writing—and also to have a lot of fun!*

ENG101 **NEW!**

Edith Wharton's New England

Edith Wharton is best known for her fiction about the upper classes of New York. However, she considered The Mount, the estate she had built in Lenox, Massachusetts, her "first real home." She used western Massachusetts as a setting for what is perhaps her darkest novel, "Ethan Frome." She turned to Massachusetts again for her novel "Summer," which she called her "hot Ethan." In this class, we will read and discuss both of these novels as well as several of Wharton's New England-based short stories, which are available online. CLASS SIZE 25

NOTE: "Ethan Frome" and "Summer" are required texts. The instructor will be using the 2001 Modern Library Classics edition edited by Elizabeth Strout that contains both novels. ISBN: 0375757287; 978-0375757280.

W16ENG101A 6 Sessions
Campbell Center – Room A
Th 1:00-3:00PM
1/7/2016-2/11/2016

INSTRUCTOR: *A native New Englander, Sharon Dean moved to Ashland four years ago and has enjoyed taking and teaching classes for OLLI. She frequently taught Edith Wharton's novels and stories at Rivier University in New Hampshire and is the author of "Constance Fenimore Woolson and Edith Wharton: Perspectives on Landscape and Art."*

ENG103 **NEW!**

An African Novel: "Ghana Must Go" by Taiye Selasi

Taiye Selasi was selected as one of Granta's 20 best young British writers in 2014 and named by the Hay Festival as one of 39 Sub-Saharan African writers under the age of 40 "with the potential and talent to define trends in African literature." Her critically acclaimed first novel is the story of African immigrants who have made a home in Pennsylvania in the late 20th century. Selasi writes with a deep understanding of how our childhood experience of family defines our capacity for love in adulthood. Each week we will read about 40 pages, focusing on character

development, structure, style, and themes. Guideline questions will be provided. Students should come to class prepared for discussion. CLASS SIZE 23

NOTE: “Ghana Must Go” by Taiye Selasi, Penguin Books, ISBN 978-0-14-312497-9, is required.

W16ENG103A 6 Sessions
Campbell Center – Room C
Tu 1:00–3:00PM
1/5/2016–2/9/2016

INSTRUCTOR: Kay Godwin has an M.A. in English and taught that subject for 14 years until launching herself into the business world for a second career. She never lost her love of good literature, however, and is happy to offer this class on the critically acclaimed first novel of Taiye Selasi.

ENG104 **NEW!** How to Write When You Want to But Can’t Get Started

This is the workshop for you if you want to write but cannot get started; you know you have something to express but do not know what; you want to tap into your innate inner wisdom; you are curious and adventurous. This is the workshop for you if you are willing to write, play, and seek; value wisdom in whatever form you find it; engage with others in enlivening ways. This series offers a perfect place to discover the gifts of the writing life. We will experience writing as a powerful expression of wisdom, a pathway to self-knowledge and heart-felt understanding, and a deep and satisfying unfolding of our creativity. This is not a technique or skills program but a time to playfully and profoundly embrace writing as natural and personal. This class includes centering meditation, inspiring exercises to stimulate your writing practice, time for personal sharing, writing, reading aloud (by choice only), and a choice of assignments to write between classes. CLASS SIZE 20

W16ENG104A 10 Sessions
Campbell Center – Room C
F 11:00AM–12:30PM
1/8/2016–3/11/2016

INSTRUCTOR: Sherri Zysk holds a Ph.D. in transpersonal psychology from the University for Integrative Learning and an M.A. in applied behavioral science from Whitworth College. She also holds degrees in English. She taught *How to Write When You Want to But Can’t Get Started* in the continuing education division at the University of British Columbia. She has extensive experience in developing curricula and designing and teaching training packages.

ENG106 **NEW!** Creative Writing/ Self-Publishing

Learn how to develop and prepare your work for publication. This class will include instructions on how to prepare manuscripts in a word-processing program, how to create a PDF file from that file, and how to use a PNG program to make a book cover. A portion of this class will be dedicated to reviewing material to be published and the basics of the process of submitting your work to be published online, such as copyright registration, account creation, and proofing. CLASS SIZE 18

W16ENG106M 10 Sessions
Higher Education Center –
Room 118
Tu 3:30–5:00PM
1/5/2016–3/8/2016

INSTRUCTOR: William Lawson has a degree in English, has studied world history for over twenty years, and knows middle Greek. He has made a life study of the history of human civilization. He has written three books, which he sells online. He has extensive knowledge of publishing and graphics software, both from course work and personal experience, and knows the process of preparing a work for publication online.



OLLI Membership Benefits

OLLI at SOU membership entitles you to:

- ▶ Submit registration requests for OLLI at SOU courses.
- ▶ The right to vote in OLLI at SOU elections, such as the annual election of Council members.
- ▶ An invitation to OLLI at SOU members-only social events.
- ▶ If you are age 65 or older, *and* you have lived in Oregon for the past 12 months, *and* you are registered in an OLLI at SOU course that qualifies as an SOU one credit course, *and* you fill out a one-credit student application, then you can check books out from the SOU's Hannon Library using your driver's license or another form of photo ID.
- ▶ A discount on select music and theater performances at SOU's Oregon Center for the Arts (Call the box office at 541.552.6348 for details).
- ▶ A substantial discount on tickets to SOU sporting events (Call the Athletic Department at 541.552.6772 for details.)
- ▶ A 10 percent discount on purchases made at the SOU Bookstore.
- ▶ A 10 percent discount on the Grandparent's membership at ScienceWorks Hands-on Museum (Call ScienceWorks at 541.482.6767 for details).
- ▶ A \$10 discount on a Friends of the Hannon Library at SOU membership (Call the library at 541.552.6816 for details).
- ▶ A special rate on Cascade Shuttle taxicab service for transportation to attend OLLI classes at Campbell Center in Ashland (Call Cascade Shuttle at 541.488.1998 for details).

ENG107 **NEW!**

The Best American Short Stories 2015

Prolific novelist and short story writer T. C. Boyle selected the 20 “best” American short stories published last year. We will discuss each story in depth, focusing on point of view, use of language, emotional impact, ambiguity, plot, and characterization. Students should read each story several times prior to each class. A detailed discussion handout will be distributed about a week before the start of the term. For the first class, read the editor’s introductions, the first three stories, and the contributors’ notes. **CLASS SIZE 23**

NOTE: “*The Best American Short Stories 2015*,” edited by T. C. Boyle, is required.

W16ENG107A 7 Sessions
Campbell Center – Room C
Th 1:00–3:00PM
1/7/2016–2/18/2016

INSTRUCTOR: *Charlie West has led OLLI discussions of the best American short stories series since 2008. He has an M.A. in writing from the University of San Francisco and degrees in statistics from the University of California, Berkeley, and Michigan State University.*

ENG108 **NEW!**

The Memoir Experience: Where Writing Meets Life

We all have a story to tell, but how do you shape your life into stories that engage and inspire? This class is about the spirit, art, and craft of personal narrative writing. Designed for those writing a memoir for the first time as well as for those experienced in writing personal nonfiction, the class is open to those who wish to publish their writing or are writing for their own benefit or for family and friends. Class format will include group discussion, lecture, in-class writing, out-of-class writing, critique, and some suggested reading. Sharing your writing and personal stories in class is encouraged but not required. Specific class objectives include story structure, ways to begin and end a memoir, how to access and deepen your memory, use of suspense and tension, crafting engaging scenes, effective use of dialogue, creating memorable characters, understanding and refining your motivations and goals in writing a memoir, and discovering the deeper truth of your own story. **CLASS SIZE 12**

W16ENG108A 10 Sessions
Campbell Center – Room B
Tu 1:00–3:00PM
1/5/2016–3/8/2016

INSTRUCTOR: Peter Gibb's memoir, "Still Standing: My Journey from Doubt to Wonder," was a finalist in the 2015 non-fiction, memoir category of the Pacific Northwest Writers' Association annual competition. He is currently seeking publication of this manuscript. Gibb is also the author of two novels and an award-winning children's picture book. He has been a high school and university instructor as well as an adult education teacher for Spanish, German, and ESL. Prior to retiring to Ashland, he was a partner in an organizational development consulting firm, Interaction Associates, for 25 years. For five years, he opened and managed the European practice for I.A. Gibb graduated from Brown University.

ENG109

Nonfiction Writing Workshop

This seminar provides practical training for individuals who wish to enhance their nonfiction writing skills. Class materials include selected readings posted online that demonstrate key writing skills as practiced by well-known authors. The techniques are intended to enhance a student's story-telling repertoire. Each week, students will be assigned a 500-word writing exercise for analysis to be submitted by midnight Fridays. Content is to be based on their personal experience. The instructor will emphasize standard grammar and effective vocabulary usage. Students will read each other's writing and share constructive feedback about the effectiveness of the content. These story-telling techniques are applicable for writing memoirs, historical articles, long-form journalism, and magazine-style and book-length nonfiction. CLASS SIZE 15

NOTE: Brief weekly writing exercises are required.

W16ENG109A 8 Sessions
Campbell Center – Room B
Tu 9:00–10:30AM
1/5/2016–2/23/2016

INSTRUCTOR: Paul Steinle is a veteran journalist, news media manager, and filmmaker. He taught journalism, nonfiction writing, and cinema at the University of Miami (1991–1997) and Quinnipiac University (1997–2001); from 2001–2010, he taught journalism and served as associate provost, Southern Oregon University (2004–2010). From 1961–1990, Steinle was a professional broadcast journalist, documentary filmmaker, and news manager. He has produced 11 film documentaries and co-authored two books: "Commune: Life in Rural China" and "Practicing Journalism: The Power and

Purpose of the Fourth Estate." Formerly, he was the president of UPI and the Financial News Network; TV news director, KING-TV, Seattle, and WIXT-TV, Syracuse; a reporter in Saigon and Hong Kong for Group-W radio news; and a reporter and producer for WBZ-TV and WCVB-TV, Boston. He served as president of the Sigma Delta Chi Foundation, 1995–2000. He has an MBA, Harvard; an M.S., radio-TV, Syracuse University; and a B.A., Amherst College. Currently, Steinle is professor emeritus at SOU.

ENG111

Cut-up Poetry To Go

This is a previously taught course with new content. Come and play with a different way to create poems—from snippets of text. Discover new associations between apparently unrelated words and experience this freeing path to self-expression. The juxtaposition that happens is a delight. All materials are provided. This includes pages of discarded books ranging from a cosmetology textbook to children's books on drag racing or astronomy. All that is required as a prerequisite is a willingness to play and cut up books. CLASS SIZE 12

W16ENG111A 4 Sessions
Campbell Center – Room A
W 3:30–5:00PM
2/3/2016–2/24/2016

INSTRUCTOR: Sallie Ehrman has taught this course many times at OLLI as well as at a variety of poetry conferences, in a co-op classroom, and in a variety of public school settings. Her life revolves around poetry. She is active on the local scene, participating in readings and organizing events. Her work has been published in many literary magazines and has won prizes.

ENG112 **NEW!**

Savage Indignation: Swift's Prose Satire

The finest satirist in the English language, Jonathan Swift made a large impact in his own time and has had a continuous readership ever since. "Gulliver's Travels" is his longest and best-known prose work. Before turning to it, we will read "An Argument Against Abolishing Christianity" and "A Modest Proposal." The course will be almost entirely discussion, so reading the texts is important. CLASS SIZE 25

NOTE: The reading is required. Because Swift's works are out of copyright, numerous editions can be purchased very cheaply. "An Argument Against Abolishing Christianity" is

available free on-line at <http://www.online-literature.com/swift/religion-church-vol-one/1/> and “A Modest Proposal” at <http://www.online-literature.com/swift/947/>.

W16ENG112A 6 Sessions
Campbell Center – Room A
W 9:00–10:30AM
1/20/2016–2/24/2016

INSTRUCTOR: *Herb Rothschild was trained in textual studies at Yale and Harvard. He taught for 22 years in the English department of Louisiana State University and later at the University of Houston. He has written numerous scholarly articles. In 2005, he brought out a book on Shakespeare for the general reader called “Profoundly Entertaining.”*

ENG113

Shakespeare 101: Experiencing “Twelfth Night”

This is a previously taught course with new content. This is the first of the five Shakespeare plays in the OSF 2016 season. This joyous comedy, one of his greatest, brings us a wise fool, identical twins separated by a shipwreck, a drunken uncle and his gull, clever servants, a melancholy prince, and a lady in mourning. It showcases two of his most memorable creations: Malvolio the puritanical steward and Viola the witty heroine disguised for most of the play as Cesario, the Duke’s man. This class is designed for those who want to increase their enjoyment of the OSF production through close discussion of the text while viewing the 1980 BBC video and a 2006 adaptation, “She’s the Man.” No previous Shakespearean study is necessary; all questions are welcome. Please bring a copy of the play to class. CLASS SIZE 70

W16ENG113A 5 Sessions
ScienceWorks Museum–Science
Works Theatre
W 1:00–3:00PM
1/27/2016–2/24/2016

INSTRUCTOR: *Susan Stitham spent 30+ years in Fairbanks, Alaska, teaching Shakespeare to students from middle school through OLLI. She now enjoys exploring OSF Shakespeare plays with Ashland OLLI members through Shakespeare 101. Although her 9th grade students believed that she taught Shakespeare himself, OLLI members understand that he was actually only her classmate.*

ENG114 **NEW!**

Donald Barthelme’s Short Stories

Donald Barthelme’s stories are different, experimental, challenging. They are witty, profound, funny, slapstick, moving, serious explorations of life in the middle of the twentieth century. CLASS SIZE 18

NOTE: *Required text is Barthelme’s “Sixty Stories,” Penguin Classics edition introduced by David Gates (ISBN 978-0-14-243739-1). Please read the Introduction and “Me and Miss Mandible” (pp. 17-28) before the first class meeting.*

W16ENG114A 6 Sessions
Campbell Center – Room B
Th 11:00AM–12:30PM
1/7/2016–2/11/2016

INSTRUCTOR: *Ray Embry taught English at colleges and universities for 30 years and has taught many literature classes at OLLI.*

ENG115

More Great Reads

This is a previously taught course with new content. This class meets for four sessions, once every three weeks. Please read the first book and be ready to discuss it at the first class meeting. The class will discuss the themes, characters, relationships, and historical settings in the books. Everyone is encouraged to speak, all viewpoints are respected. We will discuss (1) January 4, “I am Malala” by Malala Yousafzai, the story of the youngest winner of the Nobel Peace Prize; (2) January 25, “Don’t Let’s Go to the Dogs Tonight” by Alexandra Fuller, a memoir of growing up in what was then Rhodesia; (3) February 15, “Americanah” by Nigerian Chimamanda Ngozi Adichie, a novel of the emigration to the U.S and the U.K. and return home of two young Nigerians; (4) March 7, “The Spirit Catches You and You Fall Down” by Anne Fadiman, a moving, award-winning account of cultural misunderstanding between U.S. doctors and Hmong. Reading the books is required. All are available in paperback. CLASS SIZE 18

W16ENG115A 4 Sessions
Campbell Center – Room B
M 3:30–5:00PM
1/4/2016–3/7/2016

INSTRUCTOR: *Ginny Blankinship spent 25 years teaching high school Spanish and is a life-long avid reader who has been part of More Great Reads for five years. She's pleased to take on the task of discussion leader -- really not a task at all because talking about good books with like-minded folks is a joy.*

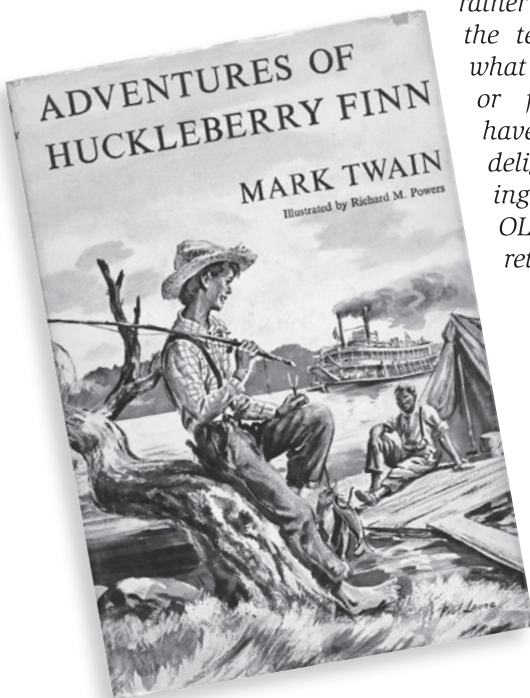
ENG116 **NEW!** Huck Finn for Adults

We will read and discuss "Huckleberry Finn" with the adult experience and perspective we could not have when we read it as children. Some attention will be paid to Mark Twain and his times, but the instructor will count on the novel itself to challenge, intrigue, puzzle, and, perhaps, irritate us. This will not be a lecture course but will draw on the diverse reactions and insights of the group. Some questions worth considering--should libraries and schools have banned the book? Is it an example of 19th Century American racism? Is it the great American novel, a morality tale, a yarn that runs out of gas part way through? What does reading it trigger in us? **CLASS SIZE 25**

W16ENG116A 5 Sessions
Campbell Center – Room C
Tu 3:30–5:00PM
1/5/2016–2/2/2016

INSTRUCTOR: *Morgan Silbaugh is a retired Episcopal priest and an unreconstructed English major. After college he earned a masters in English at Cornell. Whether dealing with scripture or with other literature, he is a firm believer in attentive reading to allow the text to deliver its meaning*

rather than squeezing the text until it says what you either hoped or feared it might have to say. He has delighted in savoring a wide variety of OLLI courses in his retirement years.



ENG117 **NEW!** Poetry by the Numbers: Writing to Classic Forms

First session: "photo poems" such as haiku, tanka, cinquain, and other short forms. We will see examples, then write some of our own. Second session: sestina. We will see examples, then begin one of our own. It is hoped some students will read theirs at the third session. Third session: sonnet. We will study examples; then try to write one of our own. **CLASS SIZE 18**

W16ENG117A 3 Sessions
Campbell Center – Room B
M 11:00AM–12:30PM
1/25/2016–2/8/2016

INSTRUCTOR: *Dave Harvey holds California life credentials for secondary and junior college English teaching and taught at those levels between 1965 and 2005. He has published five chapbooks of his poems. He has written poems in approximately 60 classic forms including sonnet, sestina, and various "photo poem" forms and won prizes for various poems, including sonnets, sestina, and cinquain crown. His poems have been published in "Summit," "Toyon," "CR's Poets and Writers," "California English," "Jefferson Monthly," and "Encore."*

OLLI Volunteer Connections

The vibrant volunteer culture of OLLI at SOU springs from a sense of belonging and shared commitment, expressed in members' involvement in every aspect of OLLI operations and programming. There are ways to participate that are suitable for every interest, ability or availability. And, as OLLI Council President Susan Stitham notes, it is a fabulous to way to develop connections with other members.

Member enthusiasm for engaging in making an even better program can now be connected to volunteer opportunities at OLLI at SOU. Visit our Volunteer Coordinator, Pauline Black, in the OLLI Campbell Center or contact her at 541.552.6975 or blackp@sou.edu. Link to the OLLI at SOU Facebook page through the www.sou.edu/olli website. If you "like" us, your newsfeed will include important OLLI news updates and volunteer opportunities.

Health

Includes age-related realities, medical issues, and healthcare.

OLLI health courses are provided for informational purposes only and are not intended to be a substitute for professional advice, diagnosis, or treatment. You should always seek the advice of a physician or other qualified health care provider with questions regarding a health concern or medical condition.

HLTH109

Standing Up Straight Is Harder Than You Think

This is a previously taught course with new content. This class is an interactive lecture and discussion course that invites curious, open-minded adult learners to add to their personal bodies of knowledge about their aging musculoskeletal system's structure and function. Common biological conditions such as arthritis, neuropathy, osteoporosis, and disc degeneration are explained and explored in the context of cultural norms, habits, and movement options. The course lectures are supported with PowerPoint and overhead slides plus skeletal models. Course prerequisites are a sense of wonder, humor, and 98.6 degrees of humanity. While the course seeks to acquaint class participants with a range of physical practices and allied medical options for the management of acute and chronic conditions, it is not meant as a substitute for medical diagnosis and treatment. CLASS SIZE 40

W16HLTH109A 5 Sessions
Campbell Center – Room A
Tu 1:00–3:00PM
1/5/2016–2/2/2016

INSTRUCTOR: *David Fredrickson, L.M.T., has practiced clinical orthopedic massage and bodywork in Oregon for 29 years with an emphasis on the treatment of acute and chronic musculoskeletal conditions common to active, aging adults. He is the current chair of the Oregon Board of Massage Therapists located in Salem, Oregon. He is the former owner of the Ashland Institute of Massage, a 650-hour professional massage therapy training program in Ashland, where he was a lead instructor of human anatomy and physiology, musculoskeletal and neurological pathology, and clinical assessment and treatment protocols. He is a member in good standing of the Association of Massage and Bodywork Professionals. His professional presentations include those to the Federation of State Massage Therapy Boards, the Oregon*

Chapter of the American Massage Therapy Association, the University of Western States, the Oregon Health Authority, Oregon state Senate and House committees on health care, and the United Way of Lane County.

HLTH117 **NEW!**

Exercise and the Aging Body

What we know now about exercise and its profound impact on the aging body presents a stark contrast to the medical dogma of 20 years ago. This course will explore how the body's physiological systems interact with one another and how exercise affects them. Specifically, we will look at the cardiopulmonary, musculoskeletal, and neuromuscular systems and how they adapt and change with specific exercise modalities. Exercise may be more palatable than you think! The class will include lecture and interactive discussion. CLASS SIZE 70

W16HLTH117A 3 Sessions
Campbell Center – Room E
M 11:00AM–12:30PM
1/25/2016–2/8/2016

INSTRUCTOR: *Andy Baxter has 26 years' experience that includes being a personal trainer, post rehab conditioning specialist, and medical exercise specialist. He holds certifications from the Health and Fitness Institute at Cal State Hayward; the American Senior Fitness Association; the American Association of Health, Fitness and Rehabilitation Professionals; U.S. Rowing; Concept 2; and the American Sport Education Program. He currently owns and operates Baxter Fitness Solutions (Ashland and Medford) and has satellite facilities in Ageless Fitness Systems in British Columbia, Oregon, Kentucky, Texas, and California.*

Dates to Remember

Office closed: November 25–27, December 24–25,
January 1, January 18
Winter Course Request Registration: November 16–30
Winter Late Registration Begins: December 14
Spring Course Proposals Accepted: December 1–31
Winter Term Begins: January 4
Spring Course Request Registration:
February 29–March 11
New Member Orientation & Spring Registration
Concierge Service: March 4
Winter Term Ends: March 11

HLTH118 NEW!**Emergency Preparedness**

Disasters are complex and relatively unexpected. This course will introduce you to susceptible hazards and provide you with knowledge and skills to overcome the adverse impacts when disaster strikes. Individuals' responses to and readiness for disaster play a critical role in their resiliency and ability to help themselves, their families, and, possibly, their neighbors. At the conclusion of this course, participants should be able to identify hazards and appropriate steps to prepare before the disaster strikes; understand or develop a disaster supplies kit including food and water storage for home, work, and vehicle; render aid; and obtain information. CLASS SIZE 24

W16HLTH118A 2 Sessions
Campbell Center – Room E
W 9:00–10:30AM
1/13/2016–1/20/2016

INSTRUCTOR: *Terri Eubanks is the Ashland Community Emergency Response Team (CERT) program coordinator in which role she plans, organizes, coordinates, and provides direction for the CERT and CPR programs. She promotes and supports neighborhood disaster preparedness by performing disaster training for CERT volunteers, planning volunteer activities and assignments, and providing emergency preparedness information. She also administers the Employee Emergency Response Team and the Emergency Prepared Business and Map Your Neighborhood programs.*



History and Current Events

Includes US and world history and famous people.

HIST112**Everyone Can Be a Pundit**

This is a previously taught course with new content. After months of preliminaries, the voters finally get involved in the 2016 presidential contest. We will closely follow the process of the selection of candidates by the nation's political parties, beginning with the Iowa caucuses and the New Hampshire and South Carolina primaries and carrying through to the end of the term. In addition to the voters and the candidates, we'll talk about issues, fundraising, polling, campaign organization, and other matters of interest. We'll also spend some time on what's happening in Washington at the White House, in Congress, and in the courts, as well as on interesting House and Senate campaigns. CLASS SIZE 35

W16HIST112A 10 Sessions
Campbell Center – Room D
Th 11:00AM–12:30PM
1/7/2016–3/10/2016

W16HIST112M 10 Sessions
Higher Education Center –
Room 321
F 11:00AM–12:30PM
1/8/2016–3/11/2016

INSTRUCTOR: *David Runkel has had a lifelong interest in politics. As a newspaper reporter, he covered national political campaigns for a number of years from the 1968 Nixon-Humphrey campaign on. In 1988, as acting director of the Institute of Politics at the John F. Kennedy School of Government, Harvard University, he lead a weekend discussion of that year's campaign that included all the managers of the primary and general election candidates. He also helped organize and produce television interviews with all the candidates except one.*

HIST118**Trials & Tribulations of a 1st Amendment Lawyer**

This class will use specific cases that the instructor was involved in to illustrate various aspects of First Amendment law relating to free speech, freedom of the press, defamation, and the problems and difficulties facing a First Amendment lawyer. The class will primarily be one of lectures, but, because each legal principle discussed may relate to current events of interest, the instructor will encourage class questions and discussions. No student preparation will be required. CLASS SIZE 45

W16HIST118M 10 Sessions
Higher Education Center –
Room 321
Tu 11:00AM–12:30PM
1/5/2016–3/8/2016

INSTRUCTOR: *Ted Sherbow practiced media law in Baltimore, Maryland, for 40 years. He was the lawyer for daily and weekly newspapers, television and radio stations, and individuals with First Amendment legal problems. Sherbow was a member of the bars of the Supreme Court of the United States, U.S. Court of Appeals for the 4th Circuit, U.S. District Court for the District of Maryland and the District of Columbia, and the Court of Appeals for Maryland.*

HIST129**Selected Bioethical Problems**

This is a previously taught course with new content. The first session will provide a general introduction to bioethics and how to think about these issues followed by one fairly narrow problem. For each remaining class, you will get a framework of facts for that week's problem. You will meet in small groups to develop a response that is (1) ethically permissible and (2), within that constraint, what you think is best. During deliberation, you should act as the decision maker—for example, a physician, a hospital bioethics committee, a public agency dealing with health issues, a legislature, or a special consultative committee to a government entity. Notice that the role may constrain what kinds of answers are appropriate. After the groups have developed their responses, each group will report back to the full class. After the reports, the class and the instructor will examine what lay behind different answers and—if we have time—see if we can develop a broader consensus. Note

that not every possible answer is ethically permissible, but there are often multiple ethically permissible choices. The course works best when there are good arguments made for multiple options. CLASS SIZE 40

W16HIST129A 6 Sessions
Campbell Center – Room A
F 11:00AM–12:30PM
1/8/2016–2/12/2016

INSTRUCTOR: *Mary Coombs taught law, including health law, at the University of Miami for 30 years. She also served on a bioethics committee at a children's hospital and wrote/participated in conferences on bioethical topics directed to audiences of lawyers, health care personnel, philosophers, and the like.*

HIST151**Hot News/Cool Views**

This is a previously taught course with new content. Hot News/Cool Views is a current affairs discussion forum that has been part of OLLI for several years under several instructors. Each week the instructor screens wide-ranging media and forwards selected articles to the class. These articles form the basis of that week's discussion. Local, regional, state, national, and global issues will be addressed. Class members are free to add other topics to the agenda. Every class member is free to voice opinions and observations. The discussions will not become personal or hurtful. We will seek to have divergent views freely expressed and subject to reflection and comment. Guest speakers are sometimes invited to attend. CLASS SIZE 22

W16HIST151A 10 Sessions
Campbell Center – Room C
Tu 9:00–10:30AM
1/5/2016–3/8/2016

INSTRUCTOR: *Bruce Barnes has been a member of the class for several sessions and has led it since the fall of 2014. He has experience in leading groups in many roles: Army officer, corporate executive, church lay-leader, grass-roots political leader, precinct captain, and homeowners' association president. He has traveled widely and frequently in North America and Europe. He has an engineering degree and many graduate credits toward an MBA as well as professional experience in the oil and pharmaceutical industries. Now he is primarily known as a skilled watercolor artist who shows and sells landscape paintings of the Rogue Valley.*

HIST165

Winston's Wars

This is a previously taught course with new content. Winston's Wars will explore Winston Churchill's extraordinary career as a military hero, from India to the Sudan and from South Africa to the trenches of France in World War I, and as a political figure and cabinet member in both World Wars, culminating in his brilliant leadership of the British nation during the years from 1940 to 1945. Several outstanding actors will interpret Churchill's profoundly complex character in excellent film biographies, including "Young Winston," "Churchill's First World War," "The Gathering Storm," and "Into the Storm." We will also see and hear Churchill deliver several of his most memorable and stirring speeches during World War II. The course will end with the televised state funeral of Sir Winston Churchill in January 1965. CLASS SIZE 40

W16HIST165A 8 Sessions
Campbell Center – Room A
F 1:00–4:00PM
1/22/2016–3/11/2016

INSTRUCTOR: *Michael Jasperson has an M.A. and a Ph.D. in modern European history from Georgetown University. He taught at the United States Naval Academy for 34 years. He offered courses in modern European history, including seminars on Europe in the 1930s and during World War II, with emphasis on the crises in the 1930s that pitted the western democracies against the fascist and Nazi regimes, the failure of the policy of appeasement, and the lonely voice of Winston Churchill warning against the surging power and unbridled ambition of Hitler's German Reich.*

HIST171 **NEW!**Election Revolution:
What Would It Look Like?

This is a previously taught course with new content. This class is a party-neutral exploration of systemic election issues and government structural problems, causes, and solutions. What's changing—and where? Fun will be attempted. Topics covered will include voting systems; districting, redistricting, and gerrymandering; primary elections (traditional and nontraditional such as top two and top four); the national popular vote versus the Electoral College; money in politics and ideas of representation. The format is lecture, activities for class participation, and various short videos. There is no textbook and no outside reading is necessary, although some may be suggested. Some materials and forms may be sent to students via email with a request to bring their own copy but is not required. No skill is needed other than keeping an open mind. Some of the class issues will build sequentially so that missing the first class MAY put a student at a disadvantage in understanding subsequent materials. CLASS SIZE 30

W16HIST171A 5 Sessions
Campbell Center – Room A
Tu 3:30–5:00PM
1/26/2016–2/23/2016

INSTRUCTOR: *Barbara Klein, M.P.S., D.C., was state president of the League of Women Voters of Arizona and chairperson of FairVote Arizona before moving to Ashland. She worked across party lines on many voting issues and election structures. She is on the national leadership circle for Representation 2020—from Suffrage to Parity and currently serves on a redistricting task force for LWV United States. She has a 15-year history in the civic world moderating debates and forums, working on voter issues, and speaking on a variety of related subjects. Professionally, Barbara runs a website/blog: Aging with Pizzazz.com—Youngevity for Your Second 50-Years. She is a retired chiropractor with an M.P.S. in hospital/health care administration. Undergraduate/post-graduate work included music and special education. She is a registered music therapist. Before her doctorate Barbara worked in mental health and criminal justice. On retiring she published a book and ran a solar-broker company with her husband.*

HIST172**Interesting Characters of the Civil War**

This is a previously taught course with new content. We all know something about Abraham Lincoln, U.S. Grant, and Robert E. Lee. But what about Earl Van Dorn, Dr. Mary Walker, Benjamin Franklin Butler, or George Armstrong Custer's baby brother, Tom? Join us for a discussion of these and a dozen or so other interesting characters of the Civil War. CLASS SIZE 30

W16HIST172A 6 Sessions
Campbell Center – Room A
W 11:00AM–12:30PM
1/6/2016–2/10/2016

W16HIST172M 6 Sessions
Higher Education Center –
Room 118
Tu 9:00AM–10:30AM
1/5/2016–2/9/2016

INSTRUCTOR: *Gus Hughbanks is retired from the U.S. Department of Agriculture. In his 30 years of service, he led hundreds of training sessions for both employees and the public. While certainly not an expert on the Civil War, he has had more than his share of experience with interesting characters.*

HIST180 NEW!**Alexander the Great and the Macedonian Empire**

The class will use 30 of the 36 lectures from the Great Course series of the same title. Professor Kenneth Hari of Tulane is excellent and uses a lot of graphics. The introductory lecture asserts that, with the exception of Jesus Christ, virtually no figure in antiquity is more renowned in the history of the West than Alexander the Great. His parents were King Philip II, hailed the greatest king of Europe in his day, his mother Queen Olympais, and his tutor and mentor Aristotle. In his brief 33-year life, he united Greece and conquered most of the known western world. He left a strong Hellenic influence on Persia, India, and Egypt that lasted for hundreds of years. Good background can be found at the Great Courses site. CLASS SIZE 45

W16HIST180M 10 Sessions
Higher Education Center –
Room 321
W 1:00–3:00PM
1/6/2016–3/9/2016

INSTRUCTOR: *Ed McBride has a Ph.D. in physical organic chemistry along with a 39-year career as a research scientist for DuPont. His special interests include understanding the origins of life to the extent it is feasible. Previous OLLI courses include Building Koi Ponds; South Pacific–The Movie and the War; The Creation of the Universe, The Formation of the Earth, and Evolution; and Geological Wonders and the Cities of the Ancient World.*

HIST181 NEW!**History of the Cold War Era – 1945–1991**

This class is a series of lectures and videos on the Cold War era and the events immediately following the breakup of the Soviet Union. Topics include Europe after the war; Africa's independence; South and Central American revolutions; Gandhi and India's movement toward independence; Japan, China, Korea, and the war in Vietnam; the Middle East conflict; the end of the Soviet Union; and the first Gulf War. CLASS SIZE 25

NOTE: *OLLI at SOU is closed on Monday, January 18 in observance of Martin Luther King, Jr. Day. There will be no class meeting that day.*

W16HIST181M 9 Sessions
Higher Education Center –
Room 118
M 11:00AM–12:30PM
1/4/2016–3/7/2016

INSTRUCTOR: *William Lawson has a degree in English, has studied world history for over twenty years, and knows middle Greek. He has made a life study of the history of human civilization. He has written three books, which he sells online. He has extensive knowledge of publishing and graphics software, both from course work and personal experience, and knows the process of preparing a work for publication online.*

HIST182 NEW!**CBI – The Battle for Burma in World War II**

This will be a lecture-discussion course on the battle for Burma during World War II. Burma was part of the China Burma India Theater (CBI) and the initialization CBI was an umbrella term used by the United States military during World War II for this entire area of operations. Well-known U.S. (or joint Allied) units in the CBI included: the American Volunteer Group, better known as the Flying Tigers; transport and bomber units flying “the Hump”; the 1st Air Commando Group, which included Phil Cochran who was one of the dual leaders of the 1st Air Commando Group and the inspiration for the character Flip Corkin in the “Terry and the Pirates” comic strip; the engineers who built the Ledo Road; O.S.S. Detachment 101, the forerunner of the CIA and Army Special Forces; Field Marshal Slim and the British 14th Army; Orde Wingate and the British Army Chindits that invaded Burma using gliders; and the 5307th Composite Unit (Provisional), popularly known as “Merrill’s Marauders.” The Japanese Army opposing the allies included the famed Imperial Japanese Army 18th Division that had already participated in the conquest of Malaya and Singapore. CLASS SIZE 45

W16HIST182A 7 Sessions
Campbell Center – Room E
Th 9:00–10:30AM
1/7/2016–2/18/2016

INSTRUCTOR: *Clark Custodio has been a college instructor for over 30 years. He has taught CPR many times at OLLI and a Civil War class on the river battles on the Mississippi River and the rivers that are part of it. He is an avid student of military history, especially on the leaders.*

HIST183 NEW!**Great Decisions**

Great Decisions is a global affairs discussion program prepared by the Foreign Policy Association. A Great Decisions briefing booklet, which includes eight discussion topics, will be provided in advance of the first session. Participants will determine which five of the eight topics will be discussed (one topic each week). The potential topics are Russia and its neighbors; privacy in the digital age; sectarianism in the Middle East; India changes course; U.S. policy toward Africa; Syria’s refugee crisis; human trafficking in the

21st century; and Brazil’s metamorphosis. A thirty-minute video on the selected topic will be presented at the beginning of each class session. Participants are expected to read materials pertaining to the upcoming discussion. If the group agrees, a participant may be asked to moderate or lead one of the discussion topics. CLASS SIZE 12

W16HIST183A 5 Sessions
Campbell Center – Room B
W 1:00–3:00PM
2/3/2016–3/2/2016

INSTRUCTOR: *Bill Tricarico has been an active OLLI member since 2007. He holds a B.S. from Duquesne University and an MBA from George Washington University. Bill served as an instructor in the U.S. Navy and has 33 years of federal government experience. His long-standing interest in current affairs prompts him to facilitate this first OLLI offering of the excellent Foreign Policy Association course. Based on participant response, the course may become a regular component of the OLLI curriculum.*

HIST184 NEW!**Looking at Total War**

This class will explore the moral legacy of the Second World War, concentrating on the German experience in Russia and Eastern Europe, through the medium of contemporary film, limited lecture, and class discussion. German films will include: *The Murderers Are Among Us*, 1946; *Generation War*, 2014; *A Woman in Berlin*, 2009; and *Downfall*, 2004. CLASS SIZE 70

W16HIST184A 8 Sessions
ScienceWorks Museum–Science
Works Theatre
Th 1:00–4:00PM
1/7/2016–2/25/2016

INSTRUCTOR: *Daniel Guy and Linda Stevenson team up once again to teach this “History-Through-Film” course (Echoes of the Guns – 1914–2014, Fall, 2014).*

*Daniel Guy is a lifetime student of the history and literature of war and conflict as well as a former Army officer. He previously taught *Voices From the Trenches on the poetry of the First World War*.*

Linda Stevenson is a retired college humanities educator. She has studied and taught in France and China as well as taught at Southern Oregon University and Rogue Community College.

HIST185 NEW!

In the Beginning... A History of the Bible

The Bible has been printed in thousands of languages and read by billions of people. To that extent, it might be the most famous book ever written. But many biblical scholars state that the Bible is not a “book” at all but rather an anthology of varying and sometimes contradictory narratives, laws, and myths that together constitute the responses of one small group of people—the Israelites—to historical events it confronted over a millennium and a half. This 10-week course will look at the Bible through the lens of scholarship—history, archaeology, and literary analysis—in an attempt to answer the following questions: Who wrote the Bible? When was it written? Why was it written? How did it become the book it is today? All readings will be done in class. Participants should bring copies of the Bible (“Old Testament”) to all class sessions. CLASS SIZE 156

W16HIST185A 10 Sessions
SOU Art Building–Meese
Auditorium
Th 3:30–5:30PM
1/7/2016–3/10/2016

INSTRUCTOR: *As dean of Hebrew Union College in Cincinnati, Rabbi Ken Ehrlich taught courses in homiletics and rhetoric, Jewish history and literature, and biblical interpretation. He has also served as scholar in Judaic studies at Eastern Montana College (now Montana State University - Billings) where he taught courses in Jewish history, literature, and thought; philosophy and humanities; and early Christian history and literature.*

HIST186 NEW!

The Learned Lunatics of Birmingham

For four decades beginning in 1765, a group of men who lived in and around Birmingham, England, participated in a group called The Lunar Society. They met monthly at the time of the full moon to share ideas, mentor each other, talk, laugh, argue, eat, drink, and socialize before riding home by moonlight. These men were hard-working inventors, industrialists, chemists, botanists, poets, designers, and reformers. The group included both of Charles Darwin’s grandfathers—Erasmus Darwin and Josiah Wedgwood—as well as James Watt, Joseph Priestley, Richard Lovell Edgeworth,

and several less-well-known intellectuals. There will not be a textbook but an excellent and readable book about the group is “The Lunar Men” by Jenny Uglow (2002). CLASS SIZE 30

W16HIST186M 5 Sessions
Higher Education Center –
Room 118
Tu 11:00AM–12:30PM
2/9/2016–3/8/2016

INSTRUCTOR: *Camille Korsmo has an English degree and an elementary credential. Although she has many years’ experience teaching students of all ages, she was officially a teacher only for her first five years out of college. Since then she has worked as an assistant curator in a history museum, as a library cataloger and branch manager, and (currently) as an audiobook proofreader. Her favorite forms of meditation are knitting and playing with paper.*

HIST187 NEW!

Ghosts of the Pilgrims

Many of the ideas, slogans, and images used throughout U.S. history began their life in the English Civil War. This course will look at the memes of God, liberty, election (the chosen people, manifest destiny), race, and guns as they appear in the Puritan writings of the English Civil War and the glorious revolution and in Puritan descendants in America at the time of the English Civil War, the first great awakening, the American Revolution, the second great awakening, the U.S. Civil War, and the realignment of U.S. partisan politics at the time of the civil rights movement and in the present day. Short readings will be handed out at each class for the next class. There will be five class sessions of one hour each. CLASS SIZE 70

W16HIST187A 5 Sessions
Campbell Center – Room D
F 11:00AM–12:30PM
1/22/2016–2/19/2016

INSTRUCTOR: *Rev. Dr. Anthony Hutchinson, rector at Ashland’s Trinity Episcopal Church, has a Ph.D. in Biblical languages and literatures from the Catholic University of America, an M.A. in the same from CUA, and a B.A. and M.A. in classics (Greek and Latin) from the Brigham Young University. He served as a U.S. diplomat for 25 years, specializing in cultural exchanges, press relations, and the promotion of American studies, finishing his State Department career as cultural councilor to the U.S. Embassy in China. He has taught classics and biblical studies at the university level at several institutions over the years. He worked primarily in China and the Far East.*

HIST188 NEW!**Greece and the Eurozone – Discussion Group**

The current crisis in Greece provides a very interesting case study of the direction monetary problems and policies are heading, and a lot can be learned and insights can be gained from looking at what proponents of modern monetary theory are saying and publishing about Greece and the Eurozone. Recent Greek finance minister Yanis Varoufakis alone is a treasure-trove of information and activities with regard to Greece as well as the Eurozone and international monetary matters. Participants will be expected to do some preparation using internet links and handouts provided by the facilitator. The focus will be on events, affairs, and policies at the time of the course along with the necessary recent history. The facilitator will present relevant materials in advance for each week after the first week. Participants will be encouraged to propose points for discussion as the class evolves. Each class will begin with material presented to initiate discussion. The content will start with Greece, it's place in the Eurozone and the role of recently resigned finance minister Varoufakis in Greece's recent and ongoing struggles. Other prominent economists' positions on Greek and Euro issues will be also consulted as appropriate. CLASS SIZE 15

W16HIST188A 10 Sessions
Campbell Center – Room B
W 9:00–10:30AM
1/6/2016–3/9/2016

INSTRUCTOR: *Louis Kohler has been studying the nature of money and economic systems for about 40 years. He has presented classes and led discussions at OLLI and elsewhere and participated in forums on the subject. He also hosted a public affairs radio discussion program on KAOS, Olympia, Washington, from 2000 through 2002.*

OLLI Community Partners**Please support our partners:**

- ▶ Ashland at Home: ashlandathome.org
- ▶ Ashland New Plays Festival: ashlandnewplays.org
- ▶ Choosing Options, Honoring Options: cohoroguevalley.org
- ▶ ScienceWorks Hands-On Museum: scienceworksmuseum.org
- ▶ Southern Oregon University: sou.edu

Movement

Includes all courses that involve physical movement, e.g., dance, Tai Chi, QiGong, and hiking.

These are physically active classes. By participating in these classes you accept liability for any injury that results from your activity in the class. Please consult your doctor before beginning any new program of physical exercise.

MOV100**Myth of Aging – Hanna Somatic Education**

This is a previously taught course with new content. Hanna Somatic Education classes are designed to teach students a series of very gentle, easy, and comfortable movements to help free the body of patterns of chronic muscle tension. Many of the physical symptoms attributed to aging are often actually manifestations of patterns of muscle tension. When such patterns become part of one's habitual movement, there is a loss of connection between those areas and the brain. The movements of Hanna Somatics tend to reduce this "sensory motor amnesia" and restore natural and pleasant movement. No previous experience required. The class will involve freeing muscle systems in the shoulders, hips, back, abdomen, chest, and sides. CLASS SIZE 25

NOTE: *Bring a mat to lie on and any pillows needed for head or other support. "Somatics" by Thomas Hanna is recommended. It can easily be found online from used book sellers.*

W16MOV100A 10 Sessions
Campbell Center – Room D
W 9:00–10:30AM
1/6/2016–3/9/2016

INSTRUCTOR: *Victor Novick's background includes a master's degree in movement therapy. He is a certified Hanna Somatic Educator and has been practicing various styles of tai chi and chi gong for over 30 years. He has a deep and long-term interest in the processes and possibilities of restoration of the intrinsic human design through slow and gentle meditative movement practices.*

MOV101 Tai Chi

This is a previously taught course with new content. In this class we do not study any of the traditional tai chi forms, but rather we progressively develop the physical foundation that underlies all such traditional forms. We study a graded series of tai chi essentials using a chi gong sequence called shibashi to put these essentials into motion. Students should be prepared to stand for the entire class period. There are no reading assignments. Course outline: wu pai exercises, standing practice, turning and circling practices, weight shifting, tai chi walking, and the shibashi sequence. There is no set pattern or outline as to how and when these elements will be presented. This will depend on students' level of advancement. Students will be encouraged to memorize the wu pai exercise sequence and the shibashi sequence. The sequences are often repeated and interspersed with study of the more basic principles they entail. Home practice is highly recommended. CLASS SIZE 50

NOTE: *The Tuesday class is an intermediate class for students who have previously taken tai chi classes from Victor. The Friday class is a beginner class. No prior experience is needed.*

NOTE: *This class will be taught at The Grove, the City of Ashland's community recreation center located at 1155 East Main Street in Ashland, directly adjacent to the Police Department.*

W16MOV101A 10 Sessions
The Grove–The Gymnasium
Tu 11:00AM–12:30PM
1/5/2016–3/8/2016

W16MOV101A2 10 Sessions
The Grove–The Gymnasium
F 11:00AM–12:30PM
1/8/2016–3/11/2016

INSTRUCTOR: *Victor Novick's background includes a master's degree in movement therapy. He is a certified Hanna Somatic Educator and has been practicing various styles of tai chi and chi gong for over 30 years. He has a deep and long-term interest in the processes and possibilities of restoration of the intrinsic human design through slow and gentle meditative movement practices.*

MOV105 English Country Dance

This is a previously taught course with new content. From lyrical to lively, silly to sublime, English country dance dates from the 1600s. Discover dances of Jane Austen's time as well as newly composed dances. Learn about cultural aspects and history of this joyful living tradition as you enjoy moving to beautiful music. An 'on-your-feet' and social class. No partner necessary. Please bring clean-soled, nonmarking shoes and a water bottle. CLASS SIZE 40

NOTE: *This class will be held at the DanceSpace, 280 E. Hersey #10, in Ashland. There is a \$10/student fee for rental of the space payable to the instructor at the first class.*

W16MOV105A 8 Sessions
The Dance Space–Dance Studio
Th 11:00AM–12:30PM
1/7/2016–2/25/2016

INSTRUCTOR: *Brooke Friendly has taught English country dance for more than 30 years. She teaches a weekly community class in Ashland and at camps, workshops, and events around North America and England. Brooke has also taught an academic course at SOU and led family dances and workshops for children. She and her husband are well known internationally as dance composers. Brooke loves sharing the community and artistic aspects of this dance form. You may find more information on her website at brookfriendlydance.com.*

OLLI Scholarship Program

Lifelong Learning for Everyone

Thanks to the generous support of the Osher Foundation, OLLI members, and other donors, OLLI at SOU offers scholarships to those in financial need. Prospective OLLI members who are interested in joining or renewing their membership, but cannot afford to pay the full membership fee, may apply for a scholarship in exchange for performing volunteer work for OLLI.

To apply for a scholarship, please stop by or call the OLLI Ashland office at 541.552.6048 and request a scholarship application form.

Personal Exploration

Includes strategies for enhancing relationships, improving psychological and emotional wellness, and/or enriching spiritual development, meditation and stress-reduction themes.

Certain OLLI classes, particularly psychology classes, may explore personal experiences of an emotional nature. Those who would like to further discuss special concerns are encouraged to do so with a licensed professional in the field.

PERS100

Optimize Your Resilience

This is a previously taught course with new content. Ever wonder why some people seem to bounce back from adversity and others do not? We will explore the factors that increase your resilience and help you master your life's challenges. Weisbard's healthy optimism perspective makes the class stimulating and inspiring. He discusses recent psychological research that can help you be more resilient and optimistic as you face life's inevitable changes. CLASS SIZE 40

W16PERS100A 2 Sessions
Campbell Center – Room D
Tu 11:00AM–12:30PM
2/2/2016–2/9/2016

INSTRUCTOR: Allan Weisbard has been a licensed clinical social worker for more than two decades. He combines cognitive behavioral and solution-focused techniques to help his patients reduce stress, anxiety, and insomnia while increasing their resilience. His website *HealthyOptimism.com* describes his work in more detail.

PERS132

Moonrise: Global Women Leading From the Heart

This is a previously taught course with new content. Women's ascent is occurring in every part of the globe. This emergence is among today's most hopeful trends. What are new ways of leading that women are creating to address issues that include women, nature and sustainability, cultural diversity, new living economies, and the use of digital and social networking for cultural

transformation? The stories of these women will ignite your full creativity and purposefulness in reinventing how we live on Earth at this pivotal time. Explore the role of the moon in women's rituals and its impact on women's action to reimagine and remake the world. Class will combine lecture, ritual circle sharing, and group discussion. Readings from the text are required for group discussion. CLASS SIZE 18

NOTE: "Moonrise: The Power of Women Leading From the Heart," ISBN 978-1-59477-352-5, is required. "The Penguin Atlas of Women in the World," fourth edition by Joni Seager, 2009, ISBN 978-0-14-311451-2, is optional.

W16PERS132A 8 Sessions
Campbell Center – Room B
W 3:30–5:30PM
1/6/2016–2/24/2016

INSTRUCTOR: Louise Paré has a Ph.D. in women's spirituality from the California Institute of Integral Studies and an M.A. in religious studies from Mundelein College in Chicago. She is an international women's spirituality and movement educator, published writer, and practicing spiritual counselor who brings over 30 years of teaching experience in the fields of women's and adult education; religious studies; yoga philosophy, psychology, and science; social justice; and the arts.

PERS133

Music and Imagery: Pathways to the Self

This is a previously taught course with new content. Did you know that music and imagery can work together to facilitate healing, growth, and transformation? In this class, we will explore different aspects of self by listening to music that is nurturing, healing, inspiring, and sacred. Each class will be a combination of music listening and quiet time for integration and reflection with art and writing materials. CLASS SIZE 10

NOTE: Class material is cumulative. If you cannot attend all five classes, you MUST wait to take the class at a later date. Course fee is \$10 per student. Materials provided include paper, markers, pastels, color sticks, crayons, and colored writing pens.

W16PERS133M 5 Sessions
Higher Education Center –
Room 118
F 1:00–3:00PM
1/22/2016–2/19/2016

INSTRUCTOR: Alexis McKenna holds a Ph.D. in communication theory, an M.S. in instructional systems, and an M.A. in counseling. She has been a counselor and educator for many years. Her primary focus has been on the interior landscape—the inner world of symbols, imagery, and personal story—and the way it influences our understanding of ourselves and our world. She brings to her work a quiet presence and deep willingness to explore who it is that we are—and are becoming. She has completed in-depth training in the Bonny Method of Guided Imagery and Music and is certified as a “conscious aging” facilitator by the Institute of Noetic Sciences.

PERS139

Stress Management and Meditation

This is a previously taught course with new content. This class addresses the modern-era problem of learning the art of living, loving, and laughing without hurry, worry, fury, or stress. CLASS SIZE 20

NOTE: The book “What is Meditation” by Osho is optional. It is published by Element Books of Boston. First published in 1995. ISBN 1-85230-726-9.

W16PERS139A 4 Sessions
Campbell Center – Room C
Th 3:30–5:00PM
2/4/2016–2/25/2016

INSTRUCTOR: Gokul Gokani received his M.D. in 1967 in England and practiced as an ear, nose, and throat specialist in the United Kingdom, India, and Africa until 1998. He has been a relaxation and meditation teacher since 1973 and a Reiki teacher and master since 1998. He has practiced yoga since he was seven.

PERS144 NEW!

Art of Knowing Yourself/ Peace Education Program

The purpose of the peace education program is to help you explore the possibility of personal peace and to discover your inner resources—tools for living such as peace, appreciation, inner strength, self-awareness, and clarity. These media-based workshops include DVD excerpts from addresses given by Prem Rawat, an internationally known speaker on the message of personal peace. Each workshop includes several videos and time for reflection on what you observed, learned, and enjoyed. Because the program is about your individual self-discovery, there are no wrong answers or tests. These workshops are suitable for

people of diverse cultures and are not affiliated with any religion, political view, ideology, or philosophy. CLASS SIZE 25

W16PERS144A 10 Sessions
Campbell Center – Room C
Th 11:00AM–12:30PM
1/7/2016–3/10/2016

INSTRUCTOR: Mary Ellen Gordian, M.D., M.P.H., was a general practitioner in Ashland from 1977 to 1984. She eventually went to Alaska as the medical officer for the Municipality of Anchorage in 1991 and recently retired from the University of Alaska as an associate professor of environmental health. She has been exploring personal peace for more than 37 years and is very familiar with the peace education program.

Kathleen Cook was a speaker for a nonprofit peace organization for over 15 years. She was a professional chef in the film industry for 20 years and has been exploring the art of personal peace for 44 years.

Nora Donachie has been a published writer, editor, and poet for over 50 years and has been exploring the art of personal peace for 40+ years.

PERS145

Writing as Legacy

This is a previously taught course with new content. Writing as Legacy is a writing exploration of one’s personal journey in this life and is intended to be a gift from the participant to generations that follow: children, grandchildren, family, and/or friends. The class is interactive by design as participants share their stories with others and get and give feedback in a safe, nonjudgmental environment. The instructor is a listener and guide. All participants are required to sign a confidentiality agreement to continue in the class. The course allows participants to shed the titles and labels they feel comfortable with as they offer their real selves through writing and evolving self-awareness. As participants connect the dots of their own lives, the result becomes a gift to themselves as well as to their original audience. CLASS SIZE 20

W16PERS145M 8 Sessions
Higher Education Center –
Room 321
Tu 3:30–5:00PM
1/5/2016–2/23/2016

INSTRUCTOR: Marlene Wagener (formerly Mish) is a graduate of UCLA who holds teaching and counseling credentials in California. She has been a teacher, counselor, principal, domestic violence educator, child sex abuse advocate for

the district attorney's office, and executive director of the Children's Advocacy Center (CAC). As an English teacher, she taught English, ESL, and creative writing. She was the author of CAC's newsletter for seven years and has won recognition for both her poetry and her personal writing. In addition to teaching Writing as Legacy at OLLI, she has taught it at Veranda Park.

PERS146

Spiritual Cinema Afternoons: Series 6

This is a previously taught course with new content. This series will introduce students to nine different films from around the world (Australia, France, South Africa, Brazil, U.S.) that are on various spiritual, metaphysical, and inspirational topics. Each class will begin with a short introduction by the instructor, followed by the movie (with popcorn and cookies!), which varies in length from 78 to 134 minutes. Afterwards we will have a short break. Those who need or want to leave at that point can do so, with the rest of us staying longer to discuss what interested and moved us, including the psychological and spiritual themes, motifs, symbols, and life lessons. This quarter we will be seeing four documentaries and six feature films. CLASS SIZE 70

W16PERS146A 9 Sessions
Campbell Center – Room E
Th 3:30–6:00PM
1/7/2016–3/3/2016

INSTRUCTOR: Carl Marsak is a teacher, workshop leader, writer, and spiritual counselor. He has graduate degrees in Religious Studies from NYU and in Social and Cultural Anthropology from the California Institute of Integral Studies. He has been studying various forms of religion and spirituality since the early 1970s. Carl is a professional member of the Association for Transpersonal Psychology and the International Enneagram Association, and has published numerous articles in places such as "The Sentient Times," "Talk Magazine," "The Enneagram Monthly," and "The Enneagram Journal."

PERS148 NEW!

Soul Shift To Success

Do you feel stuck in a rut? Are you so busy trying to prove to the world that you're successful that you've lost the real you? Perhaps your dreams seem too far out of reach? Does the need to make a living and pay your bills override your dreams? Are you living the life someone else chose for you? Soul Shift To Success is an experiential workshop in which you will, through a series of exercises, identify what really makes you feel alive. You will be taught how to implement proven skills to help you get from where you are to where you want to be. Even if you are clear what you want to do with your life but do not know how to get there, this class is for you. This class is interactive, experiential, and powerful. Content is delivered through lecture, interactive discussion, PowerPoint, skill activities, and fun. CLASS SIZE 70

NOTE: A \$10 fee for the course workbook is required. The 10th anniversary edition of Jack Canfield's "The Success Principles" is recommended.

W16PERS148A 6 Sessions
Campbell Center – Room D
Tu 9:00–10:30AM
1/5/2016–2/9/2016

INSTRUCTOR: Michelle Nagel is a certified Jack Canfield Success Principles trainer. She is a successful entrepreneur and business owner of over 25 years in the fields of alternative medicine and energy therapy. She got her master herbalist degree from the School of Natural Healing in Springville, Utah. She taught herbal medicine at Mohave Community College in Kingman, Arizona. Nagel is a specialist in releasing toxic emotions that keep a person stuck in fear and unable to achieve their dreams. She discovered that, even after releasing toxic emotions, people who do not replace their limiting beliefs with new beliefs and practices fall back into their old habits, feeling even more frustrated and depressed. Combining her skills, insight, and wisdom with Jack Canfield's success principles was a natural next step.



Hannon Library at SOU

You'll find a lot more than books at SOU's Hannon Library ... the library features a wide variety of resources and programs such as an informative lectures series, an annual Book and Author Festival, art exhibits, special historical and digital collections featuring topics from Shakespeare to the southern Oregon wine industry and much more ... Visit hanlib.sou.edu or call 541.552.6442 and ask a Librarian for specifics.

PERS149 NEW!**Your Quantum Mind:
Aging & Death**

This class will explore the emerging field of quantum neuroscience. We will use models of the quantum mind, metaphors of the particle and wave, the collapse and restoration of the wave function to explore and expand our relationship with aging and death. This class is experiential and will use lecture, contemplative practice, and sharing. **CLASS SIZE 50**

NOTE: Recommended reading section 3 in “The Quantum Mind and Healing” by Arnold Mindell, Ph.D. Class 1, intro and aging from particle and wave perspectives. Class 2, free radicals and cravings, unfinished business. Class 3, quantum awareness and death.

W16PERS149A 3 Sessions
Campbell Center – Room E
F 11:00AM–12:30PM
2/5/2016–2/19/2016

INSTRUCTOR: Rod Birney, M.D., is a psychiatrist specializing in depth psychotherapy and spiritual guidance. His main area of interest is the integration of neuroscience and spiritual practice psychology, and understanding world events through the lens of depth psychology. He has taught quite a number of courses at OLLI and lectures nationally on the above-mentioned topics.

Suzanna Yahya Nadler, M.Ed., LPC, is a somatically-based psychotherapist who focuses on the creative expression that underlies all symptoms, defenses, and complaints. She birthed the biographical and audience-inspired performance art and teaching tool of body poetry. She farms, dances, and practices at the Self and Soul Center in Southern Oregon. She also integrates the emerging interface of quantum theory, neuroscience, depth psychology, and spiritual practice.

PERS150 NEW!**The Grieving Process:
A Journey of Love**

Although we all experience loss in our lives, losses of many kinds, it is a subject little addressed. Our current beliefs and models for grieving can be confusing and inadequate to help individuals grieve. In this course, we will look at many elements of the journey of experiencing and integrating loss of those we hold dear. Prevailing social expectations and common conceptions and misconceptions of a healthy grieving process will be explored. The course will include lecture and class discussion. **CLASS SIZE 25**

NOTE: “Journey of Love: A Guide for the Grieving” by Sharon Eve is optional.

W16PERS150A 3 Sessions
Campbell Center – Room C
M 3:30–5:00PM
1/25/2016–2/8/2016

INSTRUCTOR: Dr. Sharon Eve is a retired psychotherapist with more than 30 years’ experience. She has worked with individuals and families experiencing loss and has taught on the subject of the grieving process at the University of California, Santa Barbara. She is the author of the book “Journey of Love: A Guide for the Grieving” and is currently working with Ashland Integrative Consulting.

PERS151 NEW!**Create the Life You Want
After 70**

How are you preparing for the next phase of your life? Human development theorists agree on one thing: at each stage of development, we have developmental tasks to work through in preparation for the next stage. There is abundant research on human development up to retirement but little beyond 65. What is the developmental work for those of us approaching 70 and beyond? What model might guide us? How do our values change over time, particularly in the last decades of our lives? This is an interactive class with lecture, discussion, small group exercises, and one homework assignment. Each participant will develop a draft plan for the vital life s/he wants after 70. **CLASS SIZE 18**

NOTE: “How to Create the Life You Want After 50,” by Brown & Mallig, ISBN 978-0-9748900-1-2, is required and available at the first class from the instructor for \$3.00.

W16PERS151A 4 Sessions
Campbell Center – Room B
W 11:00AM–12:30PM
1/6/2016–1/27/2016

INSTRUCTOR: Sara Brown has a Ph.D. in human and organization systems and an M.S. in organization development. During her 25-year consulting practice with organizations, she always carved out time to work with late-career professionals on career and life planning. She co-authored “How to Create the Life You Want After 50,” a life planning workbook. She taught management and organization psychology classes at the University of New Haven, Quinnipiac University, and SOU. She is a member of the OLLI Curriculum Committee.

PERS158**Turning Grief into Growth**

As we age we face myriad grief-causing challenges that compromise well-being—death of loved ones and friends as well as losses we experience from retirement, moving, physical challenges, and changes in our financial situation. Prevalent as these losses are, grief carries a taboo, and we often don't know how to move through our experiences in healthy ways. This course will supply you with information and tools for increasing your comfort level with loss and grief, give you insights into your own grieving process, and help you learn healthy ways to cope with your experience of loss. It will also cover how-tos for effectively supporting loved ones in grief. Prepare to be inspired by the ways in which people can recreate their lives after deep loss. Session 1: grief basics—presentation and discussion. Session 2: our personal grief journey—sharing, questions, exercises. Session 3: moving forward—tools and rituals to help us through grief, steps toward what's next, inspiring stories. CLASS SIZE 25

W16PERS158A 3 Sessions
Campbell Center – Room C
W 9:00–10:30AM
1/6/2016–1/20/2016

INSTRUCTOR: Julie Lockhart, M.A.S., C.M.A., serves as executive director of WinterSpring, a bereavement support organization serving the Rogue Valley since 1989. Her own journey through many losses prepared her for the work of WinterSpring. She has been a training leader for WinterSpring and has been interviewed on several local TV and radio stations. She has also done numerous presentations, workshops, and classes on grief throughout the Southern Oregon community. In spring 2014, Lockhart co-hosted a radio show called “Courageous Grief Talk” on KSKQ radio in Ashland. Before moving to the Rogue Valley in 2008, Lockhart was the chair of the Department of Accounting at Western Washington University in Bellingham and earned the academic rank of professor of accounting during her 26-year career. She was the recipient of two teaching awards. Lockhart received her master's and bachelor's degrees from the University of Illinois in accounting and is a certified management accountant.

PERS167**Conscious Aging: Connection, Wisdom and Celebration**

This is a previously taught course with new content. Let's explore together what it means to age consciously, using short presentations, small and large group discussions, and journaling. What tools and insights do you need to improve the quality of your journey? Are you living up to your own expectations? Would increased compassion, forgiveness, or surrender benefit you? Do you want to clarify your vision of how you want to age and become a true elder and not just older? CLASS SIZE 25

NOTE: The workbook “Conscious Aging: Cultivate Wisdom, Connect with Others, Celebrate Life (A Self-Reflection and Conversation Circles Guide)” is required. It is published by the Institute of Noetic Sciences (2012) and has a retail price of \$29.00.

W16PERS167A 7 Sessions
Campbell Center – Room C
Th 9:00–10:30AM
1/7/2016–2/18/2016

INSTRUCTOR: The Institute of Noetic Sciences has certified Dr. Kalb as a conscious aging facilitator. Kalb completed his pre-med training at NYU, earning a B.A. in psychology and chemistry. He went on to receive a master's degree in organismal biology from the University at Buffalo and was awarded his doctor of chiropractic degree from Western States University in Portland, Oregon. He has now logged over 34 years of hands-on experience as a chiropractor, supported by decades of avid research. He has written two books—“Steamed Greens for the Spirit” and “Winning at Aging”—and is currently writing a third book on brain health.

OLLI Community Lectures – Winter 2016

OLLI lectures are free and open to the public.
Visit www.sou.edu/olli/outreach for details and to register.

Recycling: Where Does It Go and Why
Wednesday, January 16, 1:00 to 3:00 pm, Talent*

The Berlin Wall
Friday, January 29, 2016, 1:00 to 3:00 pm, Medford

Sexual Assault
Wednesday, February 17, 2016, 1:00 to 3:00 pm, Talent*

Putting the Public Back in Public Airwaves
Friday, February 26, 2016, 1:00 to 3:00 pm, Medford

* Special thanks to Camelot Theatre Company for hosting the Talent OLLI Lectures.

Recreation

Includes hobbies, crafts, and games.

REC100

Crosswords Practicum– Intermediate

This is a previously taught course with new content.

In this intermediate-level, practice-only course, we will solve “more difficult” crosswords as a group. Depending on class ability and interest, puzzles could include those from the “New York Times” on Thursday through Sunday; Merl Reagle on Sunday; NYT “variety” crosswords (puns and anagrams, cryptic style, takeaway, vowelless); acrostics; or other word games. We will enjoy and explain any tricky clues and unusual themes we encounter. This practicum is open not only to those who have taken previous crosswords courses but also to those who would like to improve their crossword skills. An introductory course–CROSSWORDS and YOU–will be offered spring 2016. For more information about course topics and instructor, see: <http://communicrossings.com/olli-course-crosswords-practicum-intermediate>. CLASS SIZE 25

W16REC100A 6 Sessions
Campbell Center – Room A
Tu 9:00–10:30AM
1/5/2016–2/9/2016

INSTRUCTOR: Steve Weyer has taught *Be Safer on the Internet*, *Crosswords (intro and practicum)*, *E-books*, and *Internet History and Issues* at OLLI since 2010. Steve has 45+ years’ experience with computer software, including research and development on programming languages, learning environments, electronic books, and artificial intelligence at Stanford, Xerox PARC, Atari, HP Labs, and Apple. He has developed and distributed a web browser (“Newt’s Cape”), a crossword application (“CrozzWord”), and other applications for early mobile devices and smartphones. He has also created crossword puzzles and websites. Steve has a B.S. in math (University of Washington) and an M.S. in statistics and a Ph.D. in education (Stanford).

REC103 **NEW!**

Creative Calendar Recycling

Save your illustrated calendars from 2015, and find your stash of saved calendars from past years. This class will teach you several ways to transform calendar pages into treasures that you’ll be proud to give to friends. Projects will include several types of greeting cards, envelopes, and boxes. During class #3 you will experiment with some other types of household trash to recycle. Please bring the following to each class: a few calendars, a ruler, a pencil with an eraser, and paper scissors. The instructor will bring a paper cutter, patterns, glue sticks, and cardstock. CLASS SIZE 15

NOTE: *There is an optional materials fee (if attending all 3 sessions) of \$5.00.*

W16REC103M 3 Sessions
Higher Education Center –
Room 118
Th 11:00AM–12:30PM
1/14/2016–1/28/2016

INSTRUCTOR: Camille Korsmo has an English degree and an elementary credential. Although she has many years’ experience teaching students of all ages, she was officially a teacher only for her first five years out of college. Since then she has worked as an assistant curator in a history museum, as a library cataloger and branch manager, and (currently) as an audiobook proofreader. Her favorite forms of meditation are knitting and playing with paper.

REC104

Introduction to Fly Fishing

Class 1–choosing equipment. Class 2–history of fly fishing; knots and leaders; care of rod, reels, and lines. Class 3–fish food; entomology; places to fish in Southern Oregon. Class 4–fly choices and fly tying. Casting instruction will be part of each class. The instructor will provide rods and reels but students are encouraged to bring their own equipment if they have it. CLASS SIZE 6

NOTE: *This class will be held at Blue Heron Park, located at 4389 S. Pacific Highway, at the intersection of Bear Creek Drive and North 1st Street in Phoenix, Oregon.*

W16REC104A 6 Sessions
Blue Heron Park – Phoenix
W 1:00–3:00PM
1/6/2016–2/10/2016

INSTRUCTOR: Bill Howarth has a bachelor's degree in education from Penn State University and a master's degree in education from Trenton State University. He spent 25 years in the fishing industry that included owning the Delaware River Fly Fishing School in Pennsylvania; guiding/instructing in the Alaska Rainbow, Iliaska, and Talaheim lodges in Alaska; and guiding/instructing at the Three Forks Ranch in Colorado. He was also an Orvis-endorsed guide in the San Francisco Bay Area.

REC105**Knitting Stitches**

Make your knitting more interesting and challenging. Learn a variety of new stitches and techniques. Topics include knit and purl combination patterns, cables, plaits, bobbles, seed stitch, yarn-over, and eyelet. Participants will knit sample swatches of each stitch or an optional scarf "sampler." This is not a beginners class. Knitters must know how to knit, purl, cast-on, and bind-off. Required materials include white or cream worsted-weight yarn, knitting needles in a medium size, and a cable needle. The instructor will send further information to registered participants. CLASS SIZE 12

NOTE: OLLI at SOU is closed on Monday, January 18 in observance of Martin Luther King, Jr. Day. There will be no class meeting that day.

W16REC105A 8 Sessions
Campbell Center – Room A
M 1:00–3:00PM
1/11/2016–3/7/2016

INSTRUCTOR: Kay Johnson is an experienced knitter who learned to knit in college. She has knit innumerable sweaters, socks, hats, afghans, scarves, and so forth over the many years since college. She has taught several knitting courses at OLLI and continues to learn new things about knitting as she prepares for each course.

REC106**Organic Gardening**

Organic Gardening will include personal safety, composting, soil preparation, fertilizing, and watering. There will also be information on tools and ideas for various vegetables, their planting and harvesting. CLASS SIZE 30

W16REC106A 6 Sessions
Campbell Center – Room A
F 9:00–10:30AM
1/8/2016–2/12/2016

INSTRUCTOR: Peggy Wines has gardened since she was five and under the care of her father—a wonderful gardener. Before beginning to garden organically, she read books and magazines regarding organic gardening for a year.

REC107**Creative Jewelry Making with Wendy Gell**

This is a previously taught course with new content. Students will make two pieces of unique, beautiful jewelry: a cuff bracelet (wristy) generally valued at \$150 and either a necklace, barrette, small mirror, or something similar. Imagination is encouraged and creativity stimulated. You can bring a favorite or sentimental piece to use for your project. You will come out of the class with a fun new hobby and a unique technique for making jewelry. CLASS SIZE 10

NOTE: There is a required \$45 fee for materials for two pieces and an additional fee for more pieces. The materials include 537 glue, stones, and material of all kinds, e.g., jewels, rhinestones, brightly colored Swarovski Austrian crystals, small antique toys, and pearls.

W16REC107A 2 Sessions
Campbell Center – Room A
W 1:00–3:00PM
1/6/2016–1/13/2016

INSTRUCTOR: Wendy Gell is an artist who specializes in handmade, one-of-a-kind, designer jewelry, art, and gifts. She is especially known for her cuff bracelets and collectible Disney-themed jewelry. She has a world wide clientele including Elizabeth Taylor, Cher, Princess Diana, Michael Jackson, Elton John, and Hillary Clinton. Her jewelry has been covered by "American Vogue" (five covers in three years), "Italian Vogue," "Cosmo," "Paris Vogue," "Donna," "Harper's Bazaar," "W," and "WWD." Gell has appeared on Oprah Winfrey's show and in countless newspapers when she traveled doing trunk shows for Nordstrom's and the Disney company. She has also had licenses for the "Wizard of Oz," "Roger Rabbit," "Dick Tracy," and "Phantom of the Opera," and has taught in Seattle and Providence, Rhode Island. Gell's jewelry will be featured on the "Antique Roadshow" January 2016 where one of her bracelets is valued at \$1,000.

Science, Technology, Engineering and Mathematics

Includes the study and use of computers and environmental issues.

STEM100

The World's Great Geological Wonders

This is a previously taught course with new content. The 1.5-hour sessions will include videos from the Great Courses program by Professor Wyssession. The introduction will be "Snow Ball Earth." Then the physical forces of nature—volcanism, plate tectonics, water/erosion, and the like—will show how our great natural sites were formed as well as how similar sites were formed on other planets. The class is a geographic, global travelogue of nature's influence on the earth and its population. Some topics include our western national parks, the Himalayas, the Amazon Basin, Iguazu Falls, Mammoth Cave, the Maldives, and, in general, volcanoes, rivers, and deserts. CLASS SIZE 70

NOTE: OLLI at SOU is closed on Monday, January 18 in observance of Martin Luther King, Jr. Day. There will be no class meeting that day.

W16STEM100A 9 Sessions
ScienceWorks Museum—Science
Works Theatre
M 1:00–3:00PM
1/4/2016–3/7/2016

INSTRUCTOR: Ed McBride has a Ph.D. in physical organic chemistry along with a 39-year career as a research scientist for DuPont. His special interests include understanding the origins of life to the extent it is feasible. Previous OLLI courses include *Building Koi Ponds*; *South Pacific—The Movie and the War*; *The Creation of the Universe, The Formation of the Earth, and Evolution*; and *Geological Wonders and the Cities of the Ancient World*.

STEM101 **NEW!**

Wastewater Treatment and the Water Cycle

This two-class-meeting class will look at the basic water cycle and describe the interactions we humans have with it. Emphasis will focus on wastewater treatment as an important part of the water cycle. Additionally, the class will introduce participants to many of the various types of wastewater treatment technologies, emerging technologies that will be increasingly important in the future of wastewater treatment, Oregon regulatory requirements as they relate to Medford's regional wastewater treatment facility, and emerging regulatory issues. Participants do not need prerequisite training or education in wastewater treatment or environmental studies. There are no specific texts or materials necessary for the participant to provide other than supplies for taking notes. CLASS SIZE 40

W16STEM101M 2 Sessions
Higher Education Center –
Room 321
M 11:00AM–12:30PM
1/4/2016–1/11/2016

INSTRUCTOR: Dennis Baker has been working in the wastewater treatment field since 1974. He is a certified grade V (highest attainable level) operator in California and a grade IV (highest attainable level) operator in Oregon. Most of his experience has been in the supervision/management of wastewater treatment facilities. He majored in organization development at Sonoma State University, Cotati, California. He was an adjunct faculty member in the applied technology department at Santa Rosa Junior College where he taught the "solids handling" section of the wastewater treatment program.



STEM102 NEW!**The Physics of History**

This video class is part of the Great Courses taught by Professor David Helfand of Columbia University where he is a professor of physics and astrophysics. The class is required for all undergraduate students at Columbia. Helfand shows how the isotopes of many elements can define history, climate change, art forgeries, and food types and purity. Particle physics, radioactivity, the atomic clock, tree rings, ice cores are topics as are “we are what we eat” and “a plant is what it eats.” He discusses the origins and early history of life, the history of the Earth’s atmosphere, and the formation of the universe. The life of “Otzi,” the iceman found in 1991 frozen in an Austria glacier, was defined in detail by atomic analysis of his bones and hair. The Anasazi’s Chaco Canyon history was supplemented by strontium isotopes from corn cobs grown in soils near the Chuska Mountains 50 miles away. CLASS SIZE ASHLAND 70, MEDFORD 45

NOTE: OLLI at SOU is closed on Monday, January 18 in observance of Martin Luther King, Jr. Day. There will be no class meeting that day.

W16STEM102A 8 Sessions
ScienceWorks Museum–Science
Works Theatre
M 11:00AM–12:30PM
1/4/2016–2/29/2016

W16STEM102M 8 Sessions
Higher Education Center –
Room 321
W 11:00AM–12:30PM
1/6/2016–2/24/2016

INSTRUCTOR: Ed McBride has a Ph.D. in physical organic chemistry along with a 39-year career as a research scientist for DuPont. His special interests include understanding the origins of life to the extent it is feasible. Previous OLLI courses include *Building Koi Ponds*; *South Pacific–The Movie and the War*; *The Creation of the Universe*, *The Formation of the Earth*, and *Evolution*; and *Geological Wonders and the Cities of the Ancient World*.

STEM103**Be Safer on the Internet**

This is a previously taught course with new content. Do you think you have nothing to hide when you are on the internet? This course will help you understand the kinds of information you might want to protect and from whom as well as techniques to improve privacy. Do you believe there is zero security on the internet so you give up? This course describes preventive strategies, discusses tradeoffs, and prioritizes some steps you can take to reduce your security risks (although not from the NSA). Topics include managing accounts and passwords, software updates, Wi-Fi and router setup, backups, browser and email preferences, anonymity, malware, VPNs, and encryption. Advice applies to all operating systems and devices; however, the instructor will list and demonstrate specific settings and apps only for Mac and iOS (iPad/iPhone) platforms. Students should be familiar with configuring their own device’s system, browser, and apps. For more information about course topics and instructor, see: <http://communiccrossings.com/olli-course-keeping-safer-internet> CLASS SIZE 40

NOTE: Recommended e-book, “Take Control of Your Online Privacy,” will be available for \$4 if ordered from the instructor at the first class.

W16STEM103M 6 Sessions
Higher Education Center –
Room 321
F 9:00–10:30AM
1/8/2016–2/12/2016

INSTRUCTOR: Steve Weyer has taught *Be Safer on the Internet*, *Crosswords (intro and practicum)*, *E-books*, and *Internet History and Issues* at OLLI since 2010. Steve has 45+ years’ experience with computer software, including research and development on programming languages, learning environments, electronic books, and artificial intelligence at Stanford, Xerox PARC, Atari, HP Labs, and Apple. He has developed and distributed a web browser (“Newt’s Cape”), a crossword application (“CrozzWord”), and other applications for early mobile devices and smartphones. He has also created crossword puzzles and websites. Steve has a B.S. in math (University of Washington) and an M.S. in statistics and a Ph.D. in education (Stanford).

STEM104**Honey Bees, Bumblebees, Humans, and Pesticides**

This is a previously taught course with new content. The behavior and physiology of the honeybee, *Apis mellifera*, the most agriculturally important beneficial insect, will be explored. Topics include colony organization, reproduction, communication, foraging behavior, navigation, pollination, nutrition, diseases, pesticides, and the contributions of the pesticide industry to colony collapse disorder. Bumblebees are also important pollinators that are suffering from agricultural practices and whose range is threatened by global warming. Finally, human neurological disorders including dementia are on the increase coincident with the increasing use of petrochemicals and neurotoxic insecticides. CLASS SIZE 70 ASHLAND, 30 MEDFORD

W16STEM104A 9 Sessions
ScienceWorks Museum–Science
Works Theatre
F 1:00–2:30PM
1/8/2016–3/4/2016

W16STEM104M 9 Sessions
Higher Education Center –
Room 118
F 9:00–10:30AM
1/8/2016–3/4/2016

INSTRUCTOR: *H. Bernard Hartman obtained the Ph.D. in comparative physiology from the University of Connecticut (1965). He enjoyed a 35-year career as a professor, researcher, and administrator at such intellectual oases as University of Iowa, Texas Tech University and Duquesne University in Pittsburgh. Go Steelers! While an undergraduate, he worked for over two years as a technician in the U.S.D.A. bee culture laboratory in Beltsville, Maryland, where he was responsible for diagnosing honeybee diseases and testing the effects of pesticides on honeybees.*

**STEM105 NEW!****Years of Living Dangerously: Series and Discussion**

Following up on December's World Climate Summit in Paris, do you need to understand more about global warming and climate change? Do you want more on the facts and research behind the science? Would you prefer to feel hopeful rather than helpless to do something about the impact of global warming on our climate? Join us in viewing the Showtime Emmy Award winning documentary series "The Years of Living Dangerously." Each week we will watch one episode of the series of nine and follow it with time to share reflections and inspirations for creatively responding to our global challenge. CLASS SIZE 40

W16STEM105A 9 Sessions
Campbell Center – Room E
W 1:00–3:00PM
1/6/2016–3/2/2016

INSTRUCTOR: *Lorraine Cook is a retired educator with a bachelor's degree in sociology. As program coordinator and student advisor at the OHSU School of Nursing, Cook specialized in providing online instruction and support for distance faculty and students. Since retirement in 2012, she has presented the Awakening the Dreamer Symposium to dozens of groups and offered it twice as an OLLI course. In September 2014, Cook rode the "People's Climate Train" along with 170 other climate activists and participated in the historic 400,000-person Climate March in New York City. Her commitment to climate action has been nurtured by her work with the Southern Oregon Pachamama Alliance Community, and she is a member of the local chapter of the Citizen's Climate Lobby.*

Susan Sullivan is a retired educator with both bachelor's and master's degrees in education. She is an active member of the Citizens Climate Lobby, a volunteer organization focused on political and social action to address global warming and climate change. A life-long learner, she continues to increase her own understanding of the effects of global warming and recently completed the OLLI class on climate change. She has witnessed some of the effects of climate change in South Africa where she served in the Peace Corps after retiring.

STEM107 NEW!

How Your Body Really Works: Psychoneuroimmunology

Continuing the How Your Body Really Works series, we explore how your emotions, your endocrine system, your immune system, and your nervous system interact with each other. We will discuss the stimulating and regulating hormones; the sex hormones for growth, sex stabilization and regulation and their abuse as longevity drugs; melatonin and serotonin for sleep/awake cycles and mood stabilization; the biochemical pathways through which emotions change immune system b and t cell levels; cholesterol, the precursor to Vitamin D3; the role of hormones in mental health, including stress indicators like cortisol, and oxytocin and vasopressin; and how the environment and genetics interact in creating winter depression. Research in PNI is explored from an academic perspective. Attendance at the previous class on the immune system is helpful but not required. CLASS SIZE 70

W16STEM107A 3 Sessions
ScienceWorks Museum–Science
Works Theatre
W 3:30–5:00PM
1/6/2016–1/20/2016

INSTRUCTOR: *Victoria Leo has an M.A. in anthropology from Arizona State University as well as an M.A. in psychology and credentials in clinical hypnotherapy. She has completed postgraduate certification in ADD, depression, trauma recovery, and nutrition. Additionally, she is the author of five recent books on health, depression, meditation, and stress management. She recently retired from teaching anatomy and physiology, psychology, anthropology, and sociology at the university level. You can contact Victoria at victoria.leo.reiki@gmail.com and www.soaringdragon.biz for more information.*

STEM108 NEW!

Birds of the Rogue Valley

Whether you know nothing about birds or are a skilled birdwatcher, this class will appeal to you. It focuses on learning in a fun way using beautiful photography, scientific facts, stories, and poetry. One class will focus on the birds in our backyard; one on birds of the Rogue Valley; one on a fun format to learn birds by playing games. One field trip will be taken, date depending on the weather. CLASS SIZE 70

W16STEM108A 3 Sessions
Campbell Center – Room D
F 9:00–10:30AM
2/5/2016–2/19/2016

INSTRUCTOR: *Shannon Rio is president of the Klamath Bird Observatory. She loves learning and teaching about birds in a way that is mindful as well as fun. She interweaves poetry, pictures, stories, and fun facts into her information about the lives of our local birds.*

STEM109 NEW!

Epigenetics

A cornerstone of modern biology is our discovery of the principles of genetics (from Gregor Mendel onwards) and the relatively more recent finding of the molecular basis of inheritance in the structure and expression of the hereditary molecule DNA (James Watson and Francis Crick). The complete sequencing of the three billion basic units (nucleotides) comprising the human genome (via the Human Genome Project) was completed in 2003. However, nagging cases of inheritance that seem NOT to be explained by standard genetic models have accumulated. The relatively new science of epigenetics examines and tries to make sense of these genetic exceptions, expressed in an ‘epigenome,’ that may be affected by an individual’s life experiences—and may be related to human diseases. Some science background is suggested (basic review of cells and genetics will be included). This class is primarily lecture with directed discussions. CLASS SIZE 70

NOTE: *There will be no class meeting on February 17.*

W16STEM109A 5 Sessions
Campbell Center – Room D
W 1:00–3:00PM
2/3/2016–3/9/2016

INSTRUCTOR: *John Kloetzel taught university-level biology (introductory, developmental, and cell) for 37 years. His research in cell biology employed methods ranging from electron microscopy to molecular techniques such as gene sequencing. Ciliated protozoan cells were the main model cell types he investigated. He is past-president of the Chesapeake Society for Microscopy and the International Society of Protistologists. A.B. (zoology), University of Southern California; Ph.D. (biology), The Johns Hopkins University. Sabbatical research fellowships in Germany, France, and Italy.*

STEM113

Physics for Nonscientists: Optics

How does a lens work? A telescope? A camera? A spectrometer? (What is a spectrometer?) Your eye? Is light made of particles or waves? Does light go around corners? These and other questions will be answered when the curtain is pulled back and the triumphs of modern science are revealed. CLASS SIZE 70

W16STEM113A 6 Sessions
Campbell Center – Room D
M 11:00AM–12:30PM
2/1/2016–3/7/2016

INSTRUCTOR: *John Johnson taught physics in college for ten years and at SOLIR/OLLI since 2002. Someday he'll get it right.*

STEM114

Climate Change and the Rogue Valley

This is a previously taught course with new content. This course will address the basic science of carbon pollution and climate change, its physical and biological consequences, local trends and projections, what we can do, and the science relating to climate denier claims. The format will be discussion using Power-Point presentations. CLASS SIZE 45

W16STEM114M 10 Sessions
Higher Education Center –
Room 321
Th 1:00–3:00PM
1/7/2016–3/10/2016

INSTRUCTOR: *Alan Journet holds a doctorate in biology and taught for 30 years at Southeast Missouri State University. He is past-president of the Missouri Chapter of the Society for Conservation Biology. He has written over 100 publications (peer-reviewed and public media) on ecology, science process, college teaching, and environmental and science issues. He has taught this OLLI course for 10 terms as well as having taught many regional mini-courses on the subject and given many presentations on climate issues. He is a co-founder and co-facilitator for Southern Oregon Climate Action Now.*

Social Sciences

Includes economics, finances, political science, sociology, philosophy, geography, and education.

SOC100 NEW!

Exploring the Presidency in an Election Year

As the 2016 election nears, would you like to brush up on your knowledge about the American presidency? Using historical perspective, this class will survey the office that some say is the most powerful in the world. How does the Electoral College work? Why do we have it? What is the most important presidential power? What is the most bizarre election outcome? Why do campaigns last so long? Who do we really vote for? Why do we vote the way we do? What are primaries and caucuses? What roles does the president play? These are just some of the questions we will consider. CLASS SIZE 40

NOTE: *This is not a partisan class. We will not debate the current contenders nor the campaign issues so no one needs to bring a soap box.*

W16SOC100A 4 Sessions
Campbell Center – Room A
Tu 11:00AM–12:30PM
1/5/2016–1/26/2016

INSTRUCTOR: *Reg Spittle taught American government and comparative governments in the California community college system. He earned his political science bachelor's degree at U.C. Santa Barbara and his master's in public administration at California Lutheran University.*

SOC101

Financial Strategies for Retirees

Congratulations—you're retired! Unfortunately, you still need to think about your finances. This class will address many of the concerns retirees have about money, including how to know if you'll have enough money to last throughout retirement, when to take Social Security, how to draw money from investments, whether to buy long term care insurance, ways to cut taxes, and what you should know about estate planning. The instructor will survey enrollees prior to the

first class and gear the course toward areas of highest interest. Pre-retirees welcome. CLASS SIZE 25

W16SOC101A 3 Sessions
Campbell Center – Room C
W 3:30–5:00PM
1/13/2016–1/27/2016

W16SOC101M 3 Sessions
Higher Education Center –
Room 118
Th 1:00–3:00PM
1/7/2016–1/21/2016

INSTRUCTOR: *David Savage has 20 years' experience as a financial adviser and is a Certified Financial Planner.*

SOC102

Investing Using Asset Allocation

How do you get the highest return from your investments with a level of risk that is comfortable to you? The answer is through asset allocation, which is considered to be the professional standard for portfolio design. In this class we'll cover the basics of stocks, bonds, real estate, and alternative investments before moving on to address how to combine various asset classes into a diversified portfolio. Investment vehicles such as mutual funds and exchange-traded funds will also be discussed. At the end of the class students will have the tools to either create their own investment mix or be able to evaluate what their adviser is doing. CLASS SIZE 25

W16SOC102A 4 Sessions
Campbell Center – Room C
Th 3:30–5:00PM
1/7/2016–1/28/2016

INSTRUCTOR: *David Savage has 20 years' experience as a financial adviser and is a Certified Financial Planner.*

SOC103 **NEW!**

Philosophical Idealism— West and East

What do thinkers as diverse as Plato, Berkeley, Kant, Hegel, Vashubandu, and Shankara all have in common? All argued for the philosophical viewpoint known as idealism, which can be defined in various ways, but its most common claim is that reality is ultimately mental or spiritual rather than material.

Although no longer fashionable in 20th century British and American philosophy, idealism was a major force in earlier thought and is finding new adherents among recent thinkers. This lecture course will investigate major idealist thinkers in their historical contexts. Starting with the western philosophical tradition, we will look at various approaches to idealism and examine their philosophical strengths and weaknesses. Then, we will turn to examine eastern traditions such as the Buddhist Yogachara school or the Hindu Advaita Vedanta, which set forth idealistic viewpoints in a very different cultural and religious context. CLASS SIZE 70

W16SOC103A 10 Sessions
Campbell Center – Room E
Th 1:00–3:00PM
1/7/2016–3/10/2016

INSTRUCTOR: *Ean Roby is professor emeritus at Ohlone College in Fremont, California, where he taught philosophy and religious studies. He regularly teaches OLLI courses in philosophy, ancient history, and the history of religions.*

SOC104 **NEW!**

A Structured Approach to Trading Stocks

In a clear step-by-step process, you will learn the basics of (a) finding stocks that have the potential to make big moves, (b) managing risk, (c) developing the right mindset to take profits and cut losses, and (d) working with specialized subscription-based software. This class is intended for students who take an active interest in trading stocks using technical analysis supported by basic fundamental analysis. CLASS SIZE 70

W16SOC104A 5 Sessions
Campbell Center – Room E
W 3:30–5:00PM
1/6/2016–2/3/2016

INSTRUCTOR: *John Grimbergen retired in 2010 from a career in accounting, IT, and project and general management to focus entirely on the stock market. He is not a stockbroker, and he is not affiliated with any professional brokerage.*

SOC105 **NEW!** Populism

I. Origins: What is Populism? What social forces support it? Its roots in early American history. II. The People's Party: existed from 1891 to 1908. Radical agrarianism against banks, railroads, Wall Street, the gold standard. William Jennings Bryan. III. Tom Watson and southern populism: at first united black and white cotton farmers. Then racism used to split farmers in South. The birth of racist and rightist populism. IV. Progressives: Teddy Roosevelt and Bob LaFollette. The Socialist Party appeal to reason and strong populist sentiment. V. The New Deal and neopopulism. The rise of right wing and authoritarian populism during the depression: Huey Long, Townsend, bonus marchers. VI. Populism left and right today: Tea Party, Trump, Sanders. CLASS SIZE 70

W16SOC105A 6 Sessions
Campbell Center – Room D
Th 1:00–3:00PM
1/14/2016–2/18/2016

INSTRUCTOR: *Tim Wohlforth has taught classes at OLLI on American Dreamers, The New Left, The Danger of Cults, Utopianism, and 1968: Year of Revolution. He wrote an essay "El movimiento populista de los Estados Unidos de America" in "Los Populismos" published in Mexico City by Criticas de la Economia Politica.*

SOC106 The Worldly Philosophers

This is a previously taught course with new content. This course will explore the lives and thoughts of prominent economic philosophers including Adam Smith, Thomas Malthus, David Ricardo, Karl Marx, Thorsten Veblen, and John Maynard Keynes. Attention will be given to the development of our economic system and how it was impacted by these thinkers. Since the basics of economics will be covered, no previous knowledge of this subject is necessary. CLASS SIZE 40

NOTE: *While reading "The Worldly Philosophers" by Robert Heilbroner is not necessary, students would find it helpful and delightful.*

W16SOC106A 4 Sessions
Campbell Center – Room A
W 11:00AM–12:30PM
2/17/2016–3/9/2016

INSTRUCTOR: *Jim Watkins majored in economics as an undergraduate. He taught high school for 12 years and supervised teachers for over 20 years as a school administrator. Watkins has previously taught a number of courses for OLLI including Mysteries, Controversial Elections, All About Cruises, Tricky Dick, and The Great Depression.*

SOC107 **NEW!** Immense Possibilities and Igniting Realistic Hope

"Immense Possibilities" is an increasingly popular weekly series on public television and the Internet that highlights extraordinary people and projects that are stepping up to meet the challenges of their communities with brilliantly creative social inventions. In this course we'll watch five half-hour episodes of IP as the basis for discussions about what inspires commitment to community and ongoing engagement with others, about the use of media to encourage social change and activism, and about what sustains hope and constructive action for each of us personally. The nature, strategies, and behind-the-scenes tricks of television journalism will also be covered. IP's creed is a quotation from the civil rights leader Howard Thurman: "Don't ask what the world needs. Ask what makes you come alive, and then do that. Because what the world needs is people who have come alive." If you resonate with that premise, you are likely to enjoy this course. CLASS SIZE 70

W16SOC107A 4 Sessions
Campbell Center – Room D
W 3:30–5:00PM
1/6/2016–1/27/2016

INSTRUCTOR: *Jeff Golden has spent the last 25 years in politics, broadcast and editorial journalism, and organizational consulting. His political career includes service as a Jackson County commissioner, chief of staff to the Oregon Senate president, and environmental policy aide to the City of Portland. During those years he wrote "Forest Blood" (Wellstone Books, 1998), the pre-eminent novel of the Northwest timber wars. His stand for responsible forestry made him the target of an unsuccessful recall campaign financed by national timber corporations and earned him the first nomination ever from the state of Oregon for the JFK Profile in Courage Award, which partly sparked his newest book, "UNAFRAID: A Novel of the Possible." Before hosting and producing "Immense Possibilities," he hosted "The Jefferson Exchange," a popular daily NPR talk show on a network of northwest stations.*

SOC109 **NEW!** Anthro is Fun! (6)

This class explores the role of archaeology in anthropology's four fields. We will explore the science and methods of paleo, historical, forensic, and salvage archaeology and how this work interacts with biological, cultural, and linguistic anthropologists; historians; folklorists; paleobotanists; engineers; and technicians to bring extinct human cultures to life. Lectures and video will show how field and lab work progress toward answers. A guest lecture from Dr. Margaret Bertulli, formerly of the archaeological service of Parks Canada, is scheduled. Dr. Bertulli was part of the excavation of the recently discovered remains of the Franklin Expedition, lost with all hands during the heyday of polar exploration. Other local experts and the instructor's own historical and salvage archaeology experiences will be included as time permits. CLASS SIZE 70

NOTE: Attendance in previous Anthro is Fun classes is not required.

W16SOC109A 3 Sessions
ScienceWorks Museum–Science
Works Theatre
W 1:00–3:00PM
1/6/2016–1/20/2016

INSTRUCTOR: Victoria Leo has an M.A. in anthropology from Arizona State University as well as an M.A. in psychology and credentials in clinical hypnotherapy. She has completed postgraduate certification in ADD, depression, trauma recovery, and nutrition. Additionally, she is the author of five recent books on health, depression, meditation, and stress management. She recently retired from teaching anatomy and physiology, psychology, anthropology, and sociology at the university level. You can contact Victoria at victoria. leo.reiki@gmail.com and www.soaringdragon.biz for more information.

OREGON CENTER FOR THE ARTS AT SOUTHERN OREGON UNIVERSITY

The Oregon Center for the Arts at SOU is proud to bring distinguished artists to the Southern Oregon University campus as well as presenting their own highly acclaimed music, theatre and other Center for the Arts at SOU public events.

Contact the Box Office at 541.552.6348, M-F from 12 to 6pm; special discounts are available for OLLI members.

Visual and Performing Arts

Includes fine and applied arts, film, music, and drawing.

ARTS101 Concerts in the Rogue Valley

This is a previously taught course with new content. This course will focus on discussions of upcoming classical music concerts in the Rogue Valley. Featured presenters will include Martin Majkut of the Rogue Valley Symphony and the Tutunov-Majkut Duo, Paul French of the Southern Oregon Repertory Singers, and Laurie Anne Hunter of the Rogue Valley Chorale. Also represented will be chamber music concerts and Music at St. Mark's. CLASS SIZE 70

W16ARTS101A 9 Sessions
Campbell Center – Room D
W 11:00AM–12:30PM
1/13/2016–3/9/2016

INSTRUCTOR: Peggy Evans is professor emerita of music at SOU and music director at St. Mark's Episcopal Church, Medford.

ARTS136 Oscar's Leading Men III

This is a previously taught course with new content. Oscar's Leading Men III is a continuation of the first two parts in which students viewed and discussed best actor Academy Award winning performances beginning with Lionel Barrymore and continuing on through Jack Lemmon. Part III will concentrate on Robert De Niro, Henry Fonda, Robert Duval, Paul Newman, Michael Douglas, Daniel Day-Lewis, Tom Hanks, and Sean Penn. Students will hear a brief introduction to the actor and the film, watch the performance, and then discuss what we have just seen. Discussion of each performance/film is strongly encouraged. CLASS SIZE 40

W16ARTS136A 8 Sessions
ScienceWorks Museum–Science
Works Theatre
Tu 1:00–4:00PM
1/5/2016–2/23/2016

INSTRUCTOR: *Clive Rosengren is a retired actor whose 40+ year career included 18 years in Hollywood, where he appeared in numerous movies and television shows, among them “Cheers,” in which he played the only character to throw Sam Malone out of his own bar. He is also the author of “Murder Unscripted” and “Red Desert,” featuring Hollywood actor/private eye Eddie Collins. “Murder Unscripted” was short-listed for the Shamus award from the Private Eye Writers of America. He is working on a third in the series. He has a movie collection of more than a 1,000 titles, including all the Academy Award winning films and performances.*

ARTS137 **NEW!**

Looking at Pictures – Women Photographers

This class is meant to introduce you to women who have made a contribution to the art of photography. Some of them, such as Dorothea Lange or Diane Arbus, may have names you know or may have produced images that are familiar while others, such as Cindy Sherman and Claude Cahun, may be much more esoteric. The class is not about pretty pictures, and some images may cause discomfort or even be “sexual” in nature. The instructor has no background in art, art history, or critical analysis of photography, merely a love of the medium, particularly black and white photography. The class will be what you choose to make it. The instructor proposes to share biographical data on the artist, project some of her more interesting/intriguing images, and provide limited background in the art of photography. If it goes beyond these objectives, it will be at the prompting and consensus of the class. CLASS SIZE 40

W16ARTS137A 4 Sessions
Campbell Center – Room D
Tu 11:00AM–12:30PM
1/5/2016–1/26/2016

INSTRUCTOR: *Gayle Church is a retired computer professional who took up photography in retirement. She has spent many hours in galleries all over the world looking at other peoples’ photographs. She would like to share her fondness for the medium with others and, as a place to start, has chosen women who made a mark in the art of photography.*

ARTS138 **NEW!**

Film as a Visual Art: How Movies are Created

Film as a Visual Art: How Movies are Created explores the film maker’s tool chest with emphasis on cinematography, editing, sound, and “mis en scene.” By viewing exceptional films, the class will explore methods great directors employ to create compelling cinema. Key filmmaking techniques will be identified and explained, and prime examples will be shown to illustrate how film style is created. Historic and contemporary films will be shown to demonstrate how filmmakers have devised and utilized film production techniques to create memorable, award-winning cinema. CLASS SIZE 156

W16ARTS138A 8 Sessions
SOU Art Building – Meese
Auditorium
Tu 3:30–6:30PM
1/5/2016–2/23/2016

INSTRUCTOR: *Paul Steinle is a veteran journalist, news media manager, and filmmaker. He taught journalism, nonfiction writing, and cinema at the University of Miami (1991–1997) and Quinnipiac University (1997–2001); from 2001–2010, he taught journalism and served as associate provost, Southern Oregon University (2004–2010). From 1961–1990, Steinle was a professional broadcast journalist, documentary filmmaker, and news manager. He has produced 11 film documentaries and co-authored two books: “Commune: Life in Rural China” and “Practicing Journalism: The Power and Purpose of the Fourth Estate.” Formerly, he was the president of UPI and the Financial News Network; TV news director, KING-TV, Seattle, and WIXT-TV, Syracuse; a reporter in Saigon and Hong Kong for Group-W radio news; and a reporter and producer for WBZ-TV and WCVB-TV, Boston. He served as president of the Sigma Delta Chi Foundation, 1995–2000. He has an MBA, Harvard; an M.S., radio-TV, Syracuse University; and a B.A., Amherst College. Currently, Steinle is professor emeritus at SOU.*



ARTS139 NEW!**Life is An Improv:
Drama Improvisation**

If you have ever watched “Whose Line Is It Anyway” on classic TV, you have seen how players invent scenes “off the cuff” based on ideas thrown out by the audience. This class will teach you how they do that: how to think on your feet, trust your own creative ideas, strengthen your awareness, and work with the ideas of others. This is an active class in which you will be expected to PLAY!! Think you are too shy for improv? You will be surprised how quickly you forget all about your worries because you are laughing too hard to think about it. Come join in the fun, nonsense, and general silliness! CLASS SIZE 40

W16ARTS139A 10 Sessions
Campbell Center – Room E
Th 11:00AM–12:30PM
1/7/2016–3/10/2016

INSTRUCTOR: *Karen Campbell has a B.A. in theatre and an M.F.A. in drama/directing. She is a retired teacher with 35 years’ experience teaching acting and directing plays. She also has 25 years of experience teaching Theatresports Improv and has worked with Seattle’s professional improv community including Jet City Improv and Seattle Theatresports/Unexpected Productions. She has coached award-winning improv teams and was honored twice as best director by the Fifth Avenue High School Musical Theatre Awards program.*

ARTS140**Italian Film, Past and Present**

This is a previously taught course with new content. For the past sixty years, Italian films have made an important contribution to world cinema. Beginning with the neorealist films of the post war period and continuing through the further work of Fellini, De Sica, and Olmi in the 1950s and 1960s, the creative energy of filmmakers in Italy has rarely flagged. Now artists like Amelio, the Taviani brothers, Virzi, and others have brought a new vitality to the screen continuing a great tradition in filmmaking. We will view some important films from the older cinema but will concentrate more on the newer artists directing films today. We will watch the films and follow with a class discussion. As we continue we can make comparisons among the films. CLASS SIZE 70

W16ARTS140A 8 Sessions
Campbell Center – Room D
Tu 1:00–4:00PM
1/19/2016–3/8/2016

INSTRUCTOR: *Marc Ratner is a retired professor from California State University. He has a Ph.D. in American studies and has taught classes in classical and European literature at OLLI since 2002.*

ARTS141 NEW!**Ten Movies of Fred Astaire
without Ginger Rogers**

This class will show 10 films that feature the incomparable dancing of Fred Astaire with partners other than Ginger Rogers, starting with “A Damsel in Distress.” Each class will begin with some comments and hand-outs based on the book “Astaire Dancing: The Musical Films” by John Mueller. There will be a discussion of each film after it’s shown for those who wish to remain. Students need bring nothing more than a desire to see these special musical comedy films of the 1930s, 1940s, and 1950s that featured unparalleled dancing plus music from the “Great American Songbook.” CLASS SIZE 70

W16ARTS141A 10 Sessions
Campbell Center – Room E
F 1:00–3:00PM
1/8/2016–3/11/2016

INSTRUCTOR: *Roy Sutton is a resident of the Mountain Meadows Community in Ashland where he shows classic movies for the residents twice a month. He was the instructor for the OLLI class The Movies of Astaire and Rogers in fall 2015. Although he has no cinema, dancing, or singing credentials of note, he is qualified on the basis of being born and raised in Hollywood, California.*



ARTS143**Make 'em Laugh**

This is a previously taught course with new content. For some time, health websites have extolled the favorable effects on your well being of laughing. There are few things better at provoking laughter than a good comedy film. We will watch and discuss some classic comedies, some more modern comedies, and some comedies you may never have heard of. Please note neither the instructor nor OLLI warranty any impact on your health. CLASS SIZE 50

NOTE: OLLI at SOU is closed on Monday, January 18 in observance of Martin Luther King, Jr. Day. There will be no class meeting that day.

W16ARTS143A 9 Sessions
Campbell Center – Room D
M 1:00–4:00PM
1/4/2016–3/7/2016

INSTRUCTOR: Jerry Sonnenschein was a pension actuary before retiring. More to the point, he has been an avid reader and a fan of films most of his life. Since coming to Oregon in 2008, he has led a discussion group at OLLI on a favorite novel, established the OLLI book club, and led 10 or 11 courses on films.

ARTS144 NEW!**Training Opera Singers and the State of Opera**

Lorrie Hall and Willene Gunn will lecture, lead interactive discussions, and show the film “The Audition,” the thrilling behind-the-scenes documentary about the 2007 Metropolitan Opera National Council Auditions. “The Audition,” directed by award-winning filmmaker Susan Froemke, looks at the intense pressures young opera singers face as they struggle to succeed in one of the most difficult professions in the performing arts. The feature-length documentary takes you behind the curtain at the auditions where each year thousands of hopefuls face their fears and compete for a cash prize, the chance to sing on the Met stage—and the opportunity to launch a major operatic career. Gunn and Hall will discuss the training of opera singers as well as the state of opera in America today. Short clips of other operas will also be shown and discussed. CLASS SIZE 70

W16ARTS144A 2 Sessions
Campbell Center – Room D
Th 3:30–5:00PM
1/14/2016–1/21/2016

INSTRUCTOR: *This course will be led by the founders and general and artistic directors of Brava! Opera Theater and the James M. Collier Young Artist Program. General Director Lorrie Hall, professional singer, grant writer, fund raiser, and nonprofit arts consultant was the executive director of Rogue Opera 2004-2009. She performed as a dramatic soprano in southern Oregon in numerous Rogue Opera main stage and Opera in the Schools productions including Mrs. Page in “The Merry Wives of Windsor,” the witch and mother in “Hansel and Gretel,” Peep-Bo in “The Mikado,” Bertha in “The Barber of Seville,” and in many concerts and events. Prior to moving to Medford in 1999, Hall lived in San Antonio, Texas, where she was pursuing a music degree at the University of Texas-San Antonio and performing with the San Antonio Choral Society and Symphony. Formerly a physical therapist and college educator, she now focuses on Brava! Opera and her work as a nonprofit arts consultant.*

Willene Gunn was the director of the Opera Program at the San Francisco Conservatory of Music for 30 years. Upon her retirement in 2005, the SFCM gave her an honorary doctor of music degree. She taught voice at U.C. Santa Cruz and staged operas and workshops at U.C. Berkeley and the University of Nevada. She has directed over 90 major works for Nevada, Sacramento, and Arizona operas as well as for Rogue Opera, the San Francisco Opera Center, and other companies. A graduate of the San Francisco Opera Merola Program, Gunn performed extensively on the West Coast as a dramatic mezzo-soprano with the San Francisco, Portland, Seattle, Oakland, and Nevada opera companies. She produced and directed over 35 productions and 100 scenes a year in the opera workshops at SFCM. In 2000 SFCM awarded her the Sarlo Award for Excellence in Teaching. She was artistic director of Rogue Opera from 2006-2009 and is co-author of the textbook “Teaching Opera, The Role of the Opera Workshop ... With Scene Catalogue.”



ARTS146**Develop your Creative Self – Open Studio**

This is a previously taught course with new content. This is a fine arts course for students with some art experience who are motivated to work independently in a creative and supportive environment. It is for relaxing, having fun, and developing creativity. Each class will begin with a brief discussion. The majority of each class will then be set aside for the creation of artwork. We will each be focusing on our creative project of choice, using our medium of choice. We will be working at our own individual pace. Some may choose to work slowly and build on the same artwork over several classes; some may spend each class creating one single artwork; others may want to create several quick sketches during each class. There will be a brief interactive share at the end of each class followed by an optional sharing of artworks created. Some kind of creative practice is encouraged between classes, although there will be no out-of-class work requirement. CLASS SIZE 18

NOTE: *This course will meet at the Ashland Art Center, 357 E. Main Street, between 2nd and 3rd streets. A mandatory \$35 room-use fee will be due at the first class meeting to be paid directly to the Ashland Art Center. NO ART SUPPLIES WILL BE PROVIDED. Each student is responsible for bringing his or her own supplies to each class (paper, pencils, erasers, watercolor boxes, pen and ink, collage materials, and the like). Students are invited to bring photographs or objects they wish to draw or to paint. Some students may prefer to work abstract or from the imagination.*

W16ARTS146A 10 Sessions
Ashland Art Center–Drawing Studio
Tu 4:00–5:40PM
1/5/2016–3/8/2016

INSTRUCTOR: *Anne Baxter has two art degrees including a four-year sculpture degree from the Ecole des Beaux-Arts, Paris. She has exhibited her work in both group and one-person shows in both the U.S. and abroad. She co-owned and managed an art gallery for 12 years in Los Angeles. She has taught art informally over the past 12 years and has worked with children and adults with special needs.*

ARTS147**Ink and Watercolor Sketching Studio**

We'll discuss how to create good compositions by defining a focal point with leading and dynamic lines, light and dark tones, warm and cold hues, a light source for shading and shadows, atmospheric perspective, and proportions for human figures. In the studio, we'll sketch and paint from still life objects. Then we'll paint outdoors in a nearby location for part of one session and can post our favorite sketches online at www.SketchCrawlAshland.blogspot.com. All levels of experience are welcome. CLASS SIZE 12

NOTE: *For the first studio session, bring 9" x 12" paper, a pencil, waterproof ink pen, watercolor paints, water jar, and brushes.*

W16ARTS147A 6 Sessions
Campbell Center – Room C
Tu 11:00AM–12:30PM
2/2/2016–3/8/2016

INSTRUCTOR: *Pat V.K. Wilson has a B.F.A. from Ohio State University with additional study at St. Martins College of Art and Design in London. She worked at the University of Illinois Press art department and as an illustrator for advertising agencies and newspapers in the Chicago area. She is now retired and paints just for the fun of it.*

ARTS148**Recorder Player's Group**

This is a previously taught class with new content. This ongoing class is for experienced recorder players who enjoy playing pieces in two, three, or four voices (SATB). Participants will play in a group setting and will have weekly practice assignments prior to each class. Participants may want a 3-ring binder (at least one-inch) to store their music. CLASS SIZE 12

NOTE: *There will be no class on January 22 or February 26.*

W16ARTS148A 8 Sessions
Campbell Center – Room C
F 1:00–3:00PM
1/8/2016–3/11/2016

INSTRUCTOR: *Frank and Carol Sobotka are retired public school teachers. Their prior music experience includes the piano, accordion and ukulele. Learning to play the recorder was a post retirement activity that now provides a venue for continued brain stimulation.*

World

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WRLD100

Enjoy German!

This is a previously taught course with new content. This course aims at broadening the vocabulary and understanding of the day-to-day German spoken today. Grammar will be explained if demanded. The etymology of a word will be discussed. This course is intended for students with a basic knowledge of German. This term we will continue reading selected chapters of the instructor's memoirs, for example, early memories of World War II and the Soviet occupation of Eastern Germany. CLASS SIZE 25

W16WRLD100A 10 Sessions
Campbell Center – Room C
W 11:00AM–12:30PM
1/6/2016–3/9/2016

INSTRUCTOR: *Udo Gorsch-Nies is a German-American with an M.S. in physics from the University of Bonn, Germany. He lived and worked in Geneva, Switzerland; Berlin, Germany; Morris County, New Jersey; and Contra Costa County, California. Udo loves languages, history, and international politics.*

WRLD101

Antarctica: Unknown, Unseen, and Unforgiving

This is a previously taught course with new content. This eight-part lecture series explores the mystery, history, and imagery of the “Bottom of the World.” We will look at the origins of Antarctica and its ice and present some of the amazing science taking place at the South Pole and in and under the ice that covers the continent. We travel back in time to visit Antarctica with Captain James Cook, Von Bellingshausen, and other more recent explorers—such as Roald Amundsen, Robert Scott, Ernest Shackleton, and Douglas Mawson—who faced an unknown world of ice, snow, wind, and incredible cold. Lastly, we will experience the beauty of Antarctica through the lenses of Baker's video and still cameras. CLASS SIZE 70

W16WRLD101A 8 Sessions
Campbell Center – Room E
W 11:00AM–12:30PM
1/6/2016–2/24/2016

INSTRUCTOR: *David Baker's interest in polar exploration began when he was eight years old and has continued for 75 years. He has traveled to Antarctica three times, the first in the mid-1950s as a member of Operation DeepFreeze when he wintered at McMurdo Base where he served as the base survival training officer and member of the para-rescue dog team. His second and third trips were with National Geographic Lindblad Expeditions. Baker brings his experience in the Antarctic to this fascinating look at a continent that few of us have ever visited. He has lectured and taught in elementary and secondary schools and colleges. He also taught aviation science, flight physiology, and flight survival at the U.S. Naval Air Training Command. In the 59 years since he wintered at McMurdo Base, he has shared his polar experience with over 25,000 people, ages 5 to 90.*

WRLD104

Exotic Travels

This is a previously taught course with new content. In this course, different speakers will present their experiences while traveling to places not visited by many Americans. This term the focus is on Asia. On January 15 Greg Conway and Cory Ross will talk about Bhutan. On January 22 Jim Bronson will talk about Vietnam. On January 29 Mike Sanson will talk about Japan. On February 5 Greg Conway and Cory Ross will talk about Sri Lanka. Travel vicariously with those who have been to these countries, which are similar in some ways and very different in other ways. CLASS SIZE 40

W16WRLD104A 4 Sessions
Campbell Center – Room D
F 1:00–3:00PM
1/15/2016–2/5/2016

INSTRUCTOR: *Maria Geigel has been a member of OLLI's Curriculum Committee for the last three years and is currently chair of the committee. She has a M.S. degree in organic chemistry and worked for the pharmaceutical industry for 25+ years.*

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WRLD105**Indian Language – Hindi**

Hindi is a national language of India. The instructor introduces Hindi playfully starting with the alphabet and commonly used Hindi words, which can help students feel at ease. She will introduce Indian cultural background throughout the class. CLASS SIZE 8

NOTE: Students should bring paper, a folder, and a clipboard.

W16WRLD105A 4 Sessions
Campbell Center – Room B
Th 9:00–10:30AM
2/4/2016–2/25/2016

INSTRUCTOR: Kumud Gokani is of East Indian descent and a native Hindi speaker with a university education. She has taught Hindi in Africa and in the U.S. both individually and in groups.

WRLD106**Spanish: Beginning Plus**

This is a previously taught course with new content. This is a basic course for students with some, but not advanced, knowledge of Spanish. Students listen, read, write, speak, and learn grammar through collaborative and creative storytelling using common words. Gestures, acting, direct translation, and context clues help you understand. Songs and photos connect you to Hispanic cultures. Former students are welcome as we will create different stories together using present and past tenses. Explore the instructor's blog at www.SpanishByStories.com. CLASS SIZE 25

W16WRLD106A 8 Sessions
Campbell Center – Room C
W, F 9:00–10:30AM
2/17/2016–3/11/2016

INSTRUCTOR: Teri Coppedge has been using storytelling to teach Spanish since 1990 at middle school, high school, and adult levels. She has earned a B.A. in Spanish from Santa Clara University (including a year studying in Madrid) and an M.A. in teaching languages from U. of Southern Mississippi (in Morelia, Michoacán, México). Coppedge has lived and studied or worked in Spain, México, and Perú and has traveled in Costa Rica, Guatemala, Chile, Ecuador, and Colombia as well as in many European countries. She is convinced that anyone can learn to speak a second language.



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Additional program information is available at www.sou.edu/olli/giving or by calling the OLLI Program Manager.

Thanks for the 2014–2015 OLLI Annual Fund Support

Thanks to the 2014–2015 Annual Fund donors and instructors named below, our goal last year was generously accomplished. This provided OLLI with the capability of providing scholarships for those who needed a little extra help, made extra social events a possibility, and improved the all around effectiveness of our unique and varied academic programs. If you made a contribution and don’t see your name, please contact Carol O’Connor in the OLLI office

so that the donation records can be corrected and your support acknowledged in the Spring 2016 Catalog.

We look forward to your continuing and much needed support of the 2015–2016 Annual Fund drive now underway. You make OLLI possible.

George Rice, Chair
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The OLLI Annual Fund**

- Supports and sustains our programs
- Keeps dues low and affordable for all
- Helps cover unanticipated costs
- Diversifies our revenue base

All gift amounts are confidential.
Donations in excess of member dues are tax deductible to the full extent allowable by law.

Please check all that apply

- Joint gift with spouse/partner
- Contact me regarding matching gift
- Contact me regarding planned gift
- Please list my gift as anonymous

THANK YOU! Your gift matters.

OLLI at SOU is an affiliate of the SOU Foundation, Federal Tax I.D. number 23-7030910.

SOU nondiscrimination policy:
It is the policy of Southern Oregon University that discrimination on the basis of race, national origin, religion, sex, age, handicap or marital status shall not exist in any form in the operation of the University. This policy covers admission and access to, and treatment and employment in University Programs and activities.

Please complete the Member Profile on other side of this form. Thank you!



Member Profile

Please help us get to know you better.

1. **SKILLS:** In which of the following general areas do you have skills or professional experience? Please check all that apply.

- Audiovisual, technical support
- Budgeting, accounting, financial
- Building trades, design, construction
- Clerical, office, phones
- Computer usage
- Educational program, curriculum development
- Fundraising, grant writing
- Gardening, landscaping
- Graphic design, web development
- Legal
- Marketing, advertising, PR
- Personnel management
- Photography
- Social event planning, support
- Strategic planning
- Teaching, instructing, training
- Writing, editing
- Other: _____
- _____
- _____

2. **INTERESTS:** In which of the following areas might you have an interest in contributing now or in the future? Please check all that apply.

- Audiovisual, technical support
- Budgeting, accounting, financial
- Clerical, office, phones
- Computer usage
- Educational program, curriculum development
- Facilities planning
- Fundraising, grant writing
- Gardening, landscaping
- Graphic design, web development
- Marketing, advertising, PR
- Photography
- Social event planning, support
- Strategic planning
- Teaching, instructing, training
- Writing, editing
- None of the above
- Other: _____

3. **PREFERENCES:** Help us provide you with the OLLI experience you want. Please check all that apply.

- I would like to get to know more members through social events.
- I would like to get to know more members through working on projects or committees.
- I would like to work on an OLLI project but prefer to work on a solo basis.
- I would like to teach or facilitate an OLLI course.
- I would like to be a lecturer or panelist for a one-time OLLI lecture.
- I would like to participate in an OLLI leadership role (committee chair or council member).
- My sole interest is taking OLLI classes rather than any of the above.
- Other: _____
- _____
- _____



OLLI at SOU

Course Request Form

Winter 2016

Want to save paper, a stamp, and/or a trip to the office?

Register online at www.sou.edu/olli

Name _____

Phone _____

Please complete this form and mail it to:

OLLI at SOU
1250 Siskiyou Blvd.
Ashland, OR 97520

Note: OLLI's physical street address is 655 Frances Lane, Ashland. The address "1250 Siskiyou Blvd." is used for post mail only.

You may also drop off the form off at the Campbell Center, 655 Frances Lane in Ashland. When courses are in session, the office is open 9:00 am to 4:00 pm, Monday through Friday, except for holiday closures. The office will be closed on Wednesday, Nov. 25, Thursday, Nov. 26, and Friday, Nov. 27 for Thanksgiving.

Registration for course request dates: Monday, Nov. 16–Monday, Nov. 30

Late registration begins Monday, December 14

Want to volunteer to be a host for one or more of your courses? If so, please mark an X in the box below.

Choice	Course Number	Location Ashland or Medford?	Course Title	
1				<input type="checkbox"/>
2				<input type="checkbox"/>
3				<input type="checkbox"/>
4				<input type="checkbox"/>
5				<input type="checkbox"/>
6				<input type="checkbox"/>

During registration for course requests, your course requests are limited to a maximum of 6 courses. The results of your Winter term course requests will be sent to you by mail or email, as early as Monday, December 7. You may add more courses as soon as late registration begins on Monday, December 14.

Getting the Courses You Want

1 Register your course requests before the deadline. The registration for course requests period lasts two weeks so that members have ample time to submit their first-choice, second-choice, third-choice (and so on, up to six) courses for the upcoming term. Registration can be done either online or by submitting a course request form (and membership application if new to OLLI).

It makes no difference whether you sign up on the first or last day of the course request period; just be sure to meet the deadline.

2 Making Changes. During the registration for course request period, members are welcome to add courses online or to submit a revised course request form during the course request period. To drop a class, you must contact the office by emailing olli@sou.edu or calling 541.552.6048.

3 Lottery and Confirmation of Enrollment. After the registration for course requests period ends, courses are allocated to members based on a computerized lottery programmed with these priorities:

- ▶ Register members who requested only one course.
- ▶ Register members who requested more than one course in the course they listed as their first priority.
- ▶ Register members who requested two or more courses in the course they listed as their second priority.
- ▶ Register members who requested three or more courses in the course they listed as their third priority.
- ▶ Register members who requested four or more courses in the course they listed as their fourth priority.
- ▶ Register members who requested five or more courses in the course they listed as their fifth priority.

- ▶ Register members who requested six courses in the course they listed as their sixth priority.

After the lottery is run, if you have not been registered in a course you requested, your name will be added to a wait list. Your place on the wait list is determined by a random number generated by a computer. If a seat opens up in a course, the first person on the wait list is contacted and registered in the course.

Members will receive email or written notification of which courses they got into, and which ones they are wait listed for. After the course request period is over, you may add additional courses during late registration.

4 How the Wait List Works. After the lottery is run, if you have not been registered in a course you requested, your name will be added to a wait list. Your place on the wait list is determined by a random number generated by a computer. If a seat opens up in a course, the first person on the wait list is contacted and registered in the course. If you are registered for a course and realize you cannot attend, it is extremely important that you immediately notify the OLLI office of your decision to drop by emailing olli@sou.edu or calling 541.552.6048. When you drop a course, it frees up a place for someone who did not get in.

5 Late Registration. If you missed signing up during the course request period, or wish to add a course after the course request period ends, you can do so either online or via a paper form. Registrations will be processed based on whether or not there is a seat available in the course. If there is not, you will be placed on the wait list.

Last update 3/3/15

CALLING ALL WIZARDS...

If you have technical and problem solving skills, you are wanted to support and train OLLI instructors on classroom equipment. Contact Pauline Black at blackp@sou.edu or 541.552.6975 to sign up.



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340 S Pioneer St (in Lithia Park) • 541.488.5340 • ParksInfo@ashland.or.us



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Come for the Classes . . . Stay for the Connections

